A CLOSET for Ladies and *Gentlewomen.*

OR,

The Art of preſeruing, Conſeruing, and Candying.

With the manner how to make diuers kinds of Sirups, and all kinde of banqueting ſtuffes.

Alſo diuers ſouerainge Medicines and Salues for ſundry Diſeaſes.

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An especiall Note of Confectionary.

To preserue Pippins red.

TAke your best coloured Pippins, and pare them: then take a piercer, and bore a hole thorow them: then make syrup for them, as much as will couer them, and so let them boile in a broad preseruing-pan: put into them a peece of Cinamon sticke, and so let them boile close couered very leisurely, turning them very often: for, if you turne them not very often, they will spot, and the one side

will not bee like the other, and let them thus boile vntill they begin to gelly: then take them vp, and pot them, and you may keepe them all the yeere.

To preserue Pippins white.

TAke faire large Pippins, and after Candlemas pare them, and bore a hole thorow them, as you did for the red ones: then make a weake sirup for them, and so let them boile till they be tender; then take them vp, and boile your sirup a little higher, then put them vp in a Gally-pot, & let them stand all night, and the next morning the sirup will be somewhat weaker: then boile the sirup againe to his full thicknesse, and so pot them and you may keep them all the yeere. If you please to haue them taste a pleasant taste, more than the naturall Pippin, put in one grain of musk, and one drop of the Chymicall oile of Cinamon, and that will make them

them taſte a more pleaſant taſte.

To preſerue Pippins greene.

TAke Pippins when they be ſmall and greene off the tree, and pare three or foure of the worſt, and cut them all to peeces: then boile them in a quart of faire water till they bee pap, then let the liquor come from them, as you doe from your Quodiniacke, into a Baſon: then put into them one pound of Sugar clarified, and put into this as many greene Pippins vnpared as that liquor will couer, and ſo let them boile ſoftly: and when you ſee they be boiled as tender as a quodling, then take them vp, and pill off the outermoſt white skin, and then your Pippins will be greene: then boile them in your ſirup againe till the ſirup be thicke: and ſo you may keepe them all the yeere.

To preserue Apricocks.

OF Apricocks take a pound, and a pound of sugar, and clarifie your sugar with a pint of water; and when your sugar is made perfect, put it into a preseruing-pan, and put your Apricocks into it, and so let them boile gently: and when they bee boiled enough, and your sirup thicke, pot them, and so keepe them. In like manner you may preserue a peare-plum.

To preserue Mirabolans or Malacadonians.

TAke your Malacadonians: stone them, and perboile them in water: then pill off the outward skin of them: they will boile as long as a peece of beefe, and therefore you need not feare the breaking of them; and when they bee boyled tender, make sirup of them, and preserue them

them as you doe any other thing, and ſo you may keepe them all the yeere.

To preſerue Pomcitrons.

OF your Pomcitrons take one pound and a halfe, and cut them ſome in halues, ſome in quarters, and take the meat out of them, and boile them tender in faire water: then take two pound of ſugar being clarified, and make ſirup for them, and let them boile in ſirup a quarter of an houre very gently: then take them vp, and let your ſirup boile till it be thicke: and then put in your Pomcitrons, and you may keep them all the yeere. If you pleaſe, you may pare ſome of them: for, ſome delight them in the skin; and ſome, pared.

To preſerue Cherries.

OF the beſt and faireſt Cherries take ſome two pound, and with a paire of ſheeres clip off their ſtalks

by the midſt: then waſh them cleane, and beware you bruſe them not: then take of fine Barbary Sugar, and ſet it ouer the fire, with a quart of faire water, in the broadeſt veſſell you can get, and let it ſeethe till it bee ſomewhat thicke: then put in your Cherries, and ſtirre them together with a ſiluer ſpoone, and ſo let them boile, alwaies ſcumming and turning them very gently, that the one ſide may be like the other, vntill they be enough: the which to know, you muſt take vp ſome of the ſirup with one Cherry, and ſo let it coole; and if it will ſcarce run out, it is enough: and thus, being cold, you may put them vp, and keep them all the yeere.

To preſerue red-roſe leaues.

OF the leaues of the faireſt buds take halfe a pound: ſift them cleane from ſeeds: then take a quart of faire water, & put it in an earthen pipkin,

pipkin, and ſet it ouer the fire vntill it be ſcalding hot: and then make a good many of other red roſe leaues, and put them into the ſcalding water, vntill they begin to looke white, and then ſtraine them: and thus doe vntill the water looke very red. Then take a pound of refined Sugar, and beat it fine, and put it into the liquor, with halfe a pound of Roſe-leaues, and let them ſeethe together till they bee enough: the which to know, is by taking ſome of them vp in a ſpoone, as you doe your Cherries: and ſo, when they bee thorow cold, put them vp, and keepe them very cloſe.

To preſerue Orenges and Lemmons.

TAke your Orenges & Lemmons, large and well coloured, and take a raſpe of ſteele, and raſpe the outward rinde from them: then lay them in water three daies and three nights: then boile them tender,

and shift them in the boiling, to take away their bitternesse: and when they bee boiled tenderly, take two pound of Sugar clarified with a pint of water; and when your sirup is made, and betwixt hot and cold, put in your Lemmons and Orenges, and there let them bee infused all night: the next morning, let them boile two or three walmes in your sirup: let them not boile too long in the sugar, because the rindes will be tough: take your Lemmons out, and boile your sirup thicker: and so when it is cold, put them vp, and keepe them all the yeere.

To preserue Quinces.

OF your Quinces take a pound: core them, and then perboile them, and pill off the outermost white skin, and then weigh them, and put into them clarified Sugar one pound, and then boile them closely couered vpon a very gentle fire,

fire, putting vnto them a sticke or two of good Cinamon cut into small peeces, and so stir them continually, that they may bee well coloured on euery side: and when the sirup is come to the height of a perfect gelly, take them off the fire, and so keepe them, for the higher your sirup is, the better will your Quinces keepe.

To preserue Peaches.

OF your fairest and best coloured Peaches take a pound, and with a wet linnen cloth wipe off the white hoare of them: then perboile them in halfe a pint of white wine, and a pint and a halfe of running water: and being perboiled, pill off the white skinne of them, and then weigh them: take to your pound of Peaches, three quarters of a pound of refined Sugar, and dissolue it in a quarter of a pint of white wine, and boile it almost to the height of a sirup,

sirup, and then put in your Peaches, and let them boile in the sirup a quarter of an houre or more, if need should require: and then put them vp, and keepe them all the yeere.

To preserue Eringo-roots.

TAke your Eringo-roots, faire and not knotty, one pound, and wash them cleane; and when they bee washed, set them on the fire, and boile them very tender: pill off the outermost skin of them, but see you breske them not; and as you pare them, put them into cold water, and let them remaine there till all be finished: and then you must take to euery pound of roots, three quarters of a pound of clarified Sugar, & boile it almost vnto the height of a sirup, and then put in your roots, but looke that they boile very gently together, with as little stirring as may bee, for feare of breaking, vntill they bee enough:

enough: and when they be cold, put them vp, and ſo keepe them.

To preſerue Barberries.

TAke your Barberries very faire and well-coloured, and picke out euery ſtone of them, and then weigh them: and to euery ounce of Barberries, you muſt take three ounces of hard Sugar; and with halfe an ounce of the pulp of Barberries, and one ounce of red-roſe-water, you muſt diſſolue your Sugar, and then boile it to a ſirup: being ſo boiled, put in your Barberries, and let them boile a quarter of an houre, and then take them vp: and as ſoone as they begin to wax coole, put them vp, and they will keepe their colour all the yeere.

To preſerue Gooſeberries.

YOu muſt take your large Berries, but not thorowly ripe, and picke off all the ſtalkes from them, and

and wash them cleane: take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them: then take ten ounces of hard Sugar, and foure ounces of Sugar-candie, and clarifie it with a pint of water, and the white of an egge, and boile it to a thicke sirup: and then put in your Goose-berries, and let them boile a walme or twos and so, betwixt hot and cold, put them vp, and keepe them all the yeere.

To preserue Damsons.

TAke of your Damsons large and well-coloured, but not thorow ripe, for then they will breake, and pick them cleane, and wipe them one by one: then weigh them, and to euery pound of Damsons, you must take a pound of Barbary-sugar, white and good, dissolued in halfe a pint or more of water: boile it almost

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to the height of a ſirup, and then put in your Damſons, keeping them with continuall ſcumming and ſtirring, and that with a ſiluer ſpoone; and ſo let them boile vntill they be enough, vpon a gentle fire: and when they be enough, take them vp, and keepe them all the yeere.

To preſerue Raſpices.

TAke of your faireſt and well-coloured Raſpices, and picke off their ſtalkes very cleane: then waſh them, but in any caſe ſee that you bruiſe them not: then weigh them, and to euery pound of Raſpices you muſt take ſix ounces of hard Sugar, and ſix ounces of Sugar-candy, and clarifie it with halfe a pint of faire water, and foure ounces of iuice of Raſpices being clarified: boile it to a weak ſirup, and then put in your Raſpices, ſtirring them vp and downe, and ſo let them boile vntill they be enough, that

that is, vsing them as your Cherries, and so you may keepe them all the yeere.

To preserue Enula Campana roots.

TAke of your Enula Campana Roots, and wash them: scrape them very cleane, and cut them thin to the pith, the length of your little finger; and as you cut them, put them into water, and let them lie in water thirty daies, shifting them twice euery day, to take away their bitternesse: weigh them, and to euery pound of Roots, you must take twelue ounces of clarified Sugar, first boiling your Roots as tender as a Chicken, and then put them in to your clarified Sugar, and let them boile vpon a gentle fire vntill they be enough: and so let them stand off the fire a good while, and betwixt hot and cold put them vp to your vse.

To preserue Saterion roots.

TAke your Saterion roots, and picke out the faire ones, and keep them by themselues: then wash them, and boile them vpon a gentle fire as tender as a Quodling: then take them off, and pare off the blackest skin of them, and put them, as you pare them, into faire water, and so let them remaine one night: and then weigh them, and to euery pound of roots you must take eleuen ounces of clarified Sugar, and boile it almost to the height of a sirup, and then put in your roots, but take heed they boile not too long, for then they will grow hard and tough: and therefore when they bee boiled enough, take them off, and set them a cooling, and so keepe them according to the rest.

Here end the Preseruatiues.

To make Manus Christi.

OF refined Sugar take halfe a pound, and some Rose-water, and boile them together till it come to Sugar againe: then stirre it about while it bee somewhat cold: then take your leaf-gold, and mingle with it: then cast it according to art, that is, in round gobbets, and so keepe them.

To candy Ginger.

TAke very faire and large Ginger, and pare it, and then lay it in water a day and a night: then take your double-refined Sugar, and boile it to the height of Sugar againe: then when your Sugar beginneth to be cold, take your Ginger, and stir it well about while your Sugar is hard to the pan: then take it out race by race, and lay it by the fire for foure houres: then take a pot, and warme it,

it, and put the Ginger in it: then tie it very close, and euery second morning stir it about roundly, and it will bee rock-candied in a very short space.

To candy Rose-leaues as naturally as if they grew vpon the trees.

TAke of the faireſt Roſe leaues, red or damaske, and on a Sunneſhine day ſprinkle them with Roſewater, and lay them, one by one, vpon faire paper: then take ſome double-refined Sugar, and beat it very fine, and put it in a fine lawne ſearce: when you haue laid abroad all the Roſe leaues in the hotteſt of the ſun, ſearce ſugar thinly all ouer them; then anon the Sunne will candy the Sugar; then turne the leaues, and ſearce Sugar on the other ſide, and turne them often in the Sunne, ſometimes ſprinkling Roſe water, and ſometimes ſearcing Sugar on them, vntill they be enough, and come to your

your liking: and being thus done, you may keepe them.

To candy Marigolds in wedges; the Spanish fashion.

TAke of the faire yellow Marigold-flowers two ounces, and shred them, and dry them before the fire: then take foure ounces of Sugar, and boile it to the height of Manus Christi: then powre it vpon a wet Pie-plate, and, betwixt hot and cold, cut it into wedges: then lay them on a sheet of white paper, and put them in a Stoue.

To candy all manner of flowers in their natural colours.

TAke the Flowers with the stalks, and wash them ouer with a little Rose-water, wherein Gum-arabecke is dissolued; then take fine searced Sugar, and dust ouer them, and set them

them a drying on the bottome of a Siue in an Ouen, and they will glister as if it were Sugar-candy.

To candy all sorts of Flowers, Fruits, and Spices, the cleere rock-Candy.

TAke two pound of Barbary Sugar great grained, clarified with the whites of two Egges, and boile it almost as hie as for Manus Christi: then put it into a pipkin that is not very rough: then put in your Flowers, Fruits, & Spices, and so put your Pipkin into a Still, and make a small fire of small coles vnder it; and, in the space of twelue daies, it will be rock-candied.

To candy Eringo roots.

TAke your Eringo ready to bee preserued, and weigh them, & to euery pound of your roots, you must take of the purest Sugar you can get

two

two pound, and clarifie it with the whites of eggs exceeding well, that it may bee as cleare as Cryſtall, for then it will bee very commendable: it being clarified, you muſt boile it to the height of Manus Chriſti, and then dip in your roots, two or three at once, till they be all candied, and ſo put them in a Stoue, and keepe them all the yeere.

To candy Enula-Campana.

TAke of your faireſt Enula Campana roots, and take them cleane from the ſirup, and waſh the Sugar off them, and dry them againe with a linnen cloth; then weigh them, and to euery pound of roots you muſt take a pound and three quarters of Sugar: clarifie it well, and boile it to the height of Manus Chriſti, and when it is ſo boiled, dippe in your roots, three or foure at once, and they will candie very well; and ſo

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ſtoue them, and keepe them all the yeere.

To candy Violet flowers.

TAke of your Violet flowers that are good and new, and well coloured, and weigh them: to euery ounce of your Violet flowers you muſt take foure ounces of refined Sugar, which is very white and faire grained, and diſſolue it in two ounces of faire running water, and ſo boile it till it come to Sugar againe; but you muſt ſcum it often, leſt it bee not cleere enough: and when it is boiled to Sugar againe, then take it off, and let it coole, and then put in your violet flowers, ſtirring them together till the ſugar grow hard to the pan: this done, put them into a box, and keepe them in a ſtoue.

To candy Gooseberries.

TAke of your faireſt berries, but they muſt not bee too ripe, for then they will not be ſo good, & with a linnen cloth wipe them very clean, and picke off all the ſtalks from them, and weigh them: and to euery ounce of Berries you muſt take two ounces of Sugar, and halfe an ounce of Sugar-Candy, and diſſolue them in an ounce or two of Roſe-water, and ſo boile them vp to the height of Manus Chriſti; and when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will ſhrinke, and ſo ſtir them in round with a woodden Spatter till they be candied; and thus put them vp and keepe them.

To candy Roſemary-flowers.

TAke of your Roſemary-Flowers, ready pickt, and weigh them; to euery

euery ounce of flowers, you muſt take two ounces of hard Sugar, and one ounce of Sugar-Candy, and diſſolue them in Roſemary-flower-water, and boile them till they come to Sugar againe: which done, put in your Roſemary-flowers when your Sugar is almoſt cold, and ſo ſtirre them together till they be enough, and then take them out, and put them in a box, and keepe them to your vſe in your Stoue.

To candy Borage-Flowers.

TAke your Flowers, and pick them very cleane, and weigh them, and vſe them in euery reſpect as you did your Roſemary-Flowers, ſaue this, that when they be candied, you muſt ſet them in a Still, and ſo keepe them in a ſheet of white paper, putting euery day a chafindiſh of coles into your Still, and it will be candied very excellently, and that in a ſhort ſpace.

Here end the ſorts of Candying.

To make Paste of Pippins, the Genua fashion, *some with leaues, some like Plums, with stalkes and stones in them.*

TAke your Pippins, & pare them, and cut them in quarters: then boile them in faire water till they be tender: then straine them, and dry the pulp vpon a chafindish of coles: then weigh it, and take as much Sugar as it weigheth, and boile it to Manus Christi, and put them together: then fashion them vpon a Pie-plate, and put it into an Ouen being very sleightly heat: the next morning you may turne it, and put them off the plates vpon sheets of paper vpon a hurdle, and so put them into an Ouen of like heat, and there let them remaine foure or fiue daies, putting

putting euery day a Chafingdish of coles into the Ouen: and when they be thorow dry, you may box them, and keepe them all the yeere.

To make paste of Eglantine, of the colour of the red Corall.

TAke your Eglantine Berries, otherwise called Hips, and stampe them in a Mortar with Gum-Dragagant and Rose-water: then straine it thorow a strainer; then take halfe a pound of refined Sugar beaten, and searced, and worke it vp into Paste with this straining: then print it with your molds: then stoue it, and then gild them.

To make Paste-royall white.

TAke a pound of refined Sugar beaten & searced, & put into an Alablaster Morter, with an ounce of Gum-dragagant steeped in Rose-wa-

ter: and if you see your Paste be too weak, put in more Sugar; if too dry, more Gum, with a drop or two of oile of Cinamon, so that you neuer deceiue your selfe, to stand vpon quantities: beat it into perfect paste, and then you may print it with your moulds; and when it is dry, gild it, and so keepe them.

To make Paste-Royall in Spices.

TAke of Cinamon and Ginger, of each a like quantity being finely searced: mingle it with your searced Sugar, and Gum-dragagant steeped in Rose-water, and worke it into paste, as you did your paste royall white, and then you may turne it vpon sticks made of peeces of Arrowes, and make them hollow like Cinamon sticks: in like sort you may make it taste of what spices you please.

To

To make Paſte of Genua the true way.

TAke two pound of the pulp of Quinces, and as much of Peaches, and ſtraine it, and dry it in a pewter platter vpon a chafindiſh of Coles: then weigh it, and take as much Sugar as it weigheth, and boile it to the height of Manus Chriſti, and then put them together, and ſo faſhion it vpon a Pie-plate, and dry it in an Ouen with a Chafindiſh of coles, vntill it bee thorow dry: and then, if it pleaſe you, you may ſpot them with gold.

To make Paſte of Violets.

YOu muſt take of your Violets that are ready picked, and bruſe them in an Alablaſter or Marble Mortar, and wring the iuice from them into a Porringer, and put as much

much hard Sugar in fine powder, as that iuice will couer: dry it, and then powder it againe, and then take as much Gum-dragagant ſteeped in Roſe-water, as will bring this Sugar into a perfect paſte: when it is perfect, take it vp, and print it with your moulds, and ſo dry it in your ſtoue, and not by the fire, for feare of danger: and when it is dry, gild it. It is a fine banqueting conceit.

To make Paſte of Gooſe-berries.

TAke of your Gooſe-berries, and cut them one by one, and wring the iuice from them, till you haue gotten ſo much as you thinke will ſerue your turne: boile your iuyce a little, that it may bee thicker: then take as much double-refined Sugar as your iuice will ſharpen, and dry it as you did for your Violets; and being dry, beat it very fine, and take as much Gum-dragagant ſteeped in red roſe water, as will ſerue, and beat

beat it into perfect paſte in an Alablaſter Mortar: and then take it vp, and print it with your moulds, vſing it in euery reſpect as your paſte of Violets. This is excellent good for one that hath a weake ſtomacke.

Heere begin Banqueting Conceits, as Marmelades, Quodiniackes, and such like.

To make Muskadine Comfits.

TAke halfe a pound of Muske-Sugar beaten and searced: then take Gum-Dragagant steeped in Rose water, and two graines of Muske, and so beat them in an Alablaster Mortar till it come to perfect Paste: then driue it very thin with a rowling pin, and then cut it into small peeces like diamonds; some cut with

with a rowle ſpoone on the ſides: being thus cut, ſtoue them, and ſo keepe them all the yeere.

To make Diacitonium ſimplex of Quinces.

TAke of your Quinces, and pare them, and cut them in peeces, and boile a pound of theſe peeces in a quart of faire water, till they be very ſoft: then let the liquor runne from them, then take a pound of Sugar-Candy, and beat it fine, and put it into that liquor, and let it ſeeth till you ſee it ſtand like gelly: then take it from the fire, and put therein foure drops of oile of Cinamon and Nutmegs, and then put in fiue and twenty leaues of fine gold, and ſtirre it together, and ſo put it in fine Cryſtall Glaſſes, and keepe it all the yeere.

To make fine cryſtall Gelly.

TAke a knuckle of Veale, and foure Calues feet, and ſet them on the fire with a gallon of faire water; and when the fleſh is boiled tender, take it out: then let the liquor ſtand ſtill vntill it be cold, then take away the top and the bottome of that liquor, and put the reſt into a cleane Pipkin, and put into it one pound of clarified Sugar, foure or fiue drops of Oyle of Cinamon and Nutmegs, a graine of Muske, and ſo let it boile a quarter of an houre leiſurely on the fire, then let it runne thorow a gelly bag into a baſon, with the whites of two egges beaten; and when it is cold, you may cut it into lumps with a ſpoone, and ſo ſerue three or foure lumps vpon a plate.

To make white leach of creame.

TAke a pint of ſweet creame, and ſix ſpoonfuls of Roſe-water, and two graines of Muske, two drops of oile of Mace, or one peece of large Mace, and ſo let it boile with foure ounces of Iſinglaſſe: then let it run downe thorow a gelly-bag: when it is cold, ſlice it like brawne, and ſo ſerue it out. This is the beſt way to make leach.

To make a Walnut, that when you cracke it, you ſhall finde Baskets and Carrowaies in it, or a pretty Poeſie written.

TAke a peece of your Paſte-royall white, being beaten with Gum-Dragagant, and mixed with a little fine ſearced Cinamon, which will bring your paſte in a Walnut-

ſhell

shell colour: then driue it thin, and cut it into two peeces, and put the one peece into the one halfe of your mould, and the other into the other, then put what you please into the Nut, and close the mould together, and so make three or foure Walnuts.

To make Quodiniack of Plums.

TAke two pound of Plums, and put them into a Posnet with a pound and a halfe of brasill Sugar, clarified with a pint of faire water, and let it boile till the Plums breake: then take it off, and let your liquid substance runne thorow a Strainer, and then put it againe into the Posnet, and so let it boile till it come to his thicknesse, & then print it with your moulds on what fashion you please.

To make Biskettes.

TAke two ounces of very fine Sugar, beaten and searced, and put into

into it halfe a ſpoonfull of Amidum, that is, white Starch; a graine of Muſk: then beat it into perfect Paſte, with Gum-dragagant ſteeped in Roſe-water: then make it into little pretty loaues the fathion of Manchets, and ſo put a Wafer in the bottome of euery one of them, and bake them in a baking pan, but take heed your pan bee not hot, and ſo ſpecke them with gold, and ſo box them. It is a very fine banqueting conceit.

To make a ſpeciall ſweet water to perfume clothes in the folding, being waſhed.

TAke a quart of Damaske-Roſe-water, and put it into a glaſſe, put vnto it a handfull of Lauender-Flowers, two ounces of Orris, a dram of Muske, the weight of foure pence of Amber greece, as much Ciuet, foure drops of Oile of Cloues; ſtop this cloſe, and ſet it in the Sunne a fort-

a fortnight: put one spoonfull of this water into a bason of common water, and put it into a glasse, and so sprinkle your clothes therewith in your folding: the dregs, left in the bottome (when the water is spent) will make as much more, if you keepe them, and put fresh Rose-water to it.

To make Mosse powder.

TAke two pound of Mosse of a sweet Apple tree, gathered betweene the two Lady-dayes, and infuse it in a quart of Damask-rose-water, foure and twenty houres: then take it out, and dry it in an ouen vpon a Sives bottome, and beat it to Powder: put to it an ounce of Lignum Aloes beaten and searced, two ounces of Orris, a dramme of Musk, halfe a dram of amber greece, a quarter of a dram of Ciuet: put all these into a hot Mortar and Pestle, and beat them together: then searce them

them thorow a coorſe haire ſearce, and put it into a bag, and lay it among your clothes.

To make Aromaticum Lozenges.

TAke of fine Sugar halfe a pound: boile it with Red-roſe-water, vntill it come to the height of Lozenges; & in the cooling, put in of the ſpices of Aromaticum Roſarum, 4. drams, with a little Confectio Alchermes, and ſo make them into Lozenges, gilding them firſt, and then cut them ſquare with a knife for that purpoſe: and when you gild them, if your gilding will not ſticke on, wet them gently with a little Roſe-water, but not too much, in any caſe.

To make a Marchpane, to ice it, and garniſh it after the Art of Comfit-making.

TAke two pound of ſmall Almonds blanched, and beaten into perfect paſte,

paste, with a pound of Sugar finely searced, putting in now and then a spoonfull or two of Rose-water, to keepe it from oiling; and when it is beaten to perfect Paste, roule it thin, and cut it round by a Charger: then set an edge on it, as you do on a Tart: then dry it in an Ouen or a baking Pan: then ice it with Rose-water and Sugar, made as thicke as Batter for Fritters: when it is iced, garnish it with conceits, and sticke long Comfits in it, and so gild it, and serue it.

To make all sorts of banqueting Conceits of March-pane stuffe, some like Pies, Birds, Baskets, and such like, and some to print with moulds.

TAke a pound of Almond Paste made for the Marchpane, and dry it on a Chafingdish of coles, till you see it wax white: then you may print

paint some with Moulds, and make some with hands, and so gild them: then stoue them, and you may keepe them all the yeere. They bee excellent good to please children.

To make all kinde of birds and beasts to stand on their legs, in cast-worke.

TAke Barbary-Sugar, clarifie it, and boile it to the height of Manus Christi: then poure it into your moulds, they being seasoned as for your Quodiniack: let them stand a quarter of an houre, and they will be cold, and then you may take them out, and gild them.

To cast all manner of fruitage hollow in turn'd worke, and put them in their colours, as Orenges, Lemmons, and the like.

TAke your Sugar being boiled to the height of Manus Christi, and put

put it into your Alablaſter moulds, being made of three peeces: turne it round about in your hand, while it is hot; and when it is cold, take it out, and put them in their naturall colours.

To make Prince-bisket-bread.

TAke a pound of very fine Flower, as much Sugar thorowly ſearſed, one ounce of Anniſeeds cleane pickt, take eight Egges, and a ſpoonfull of Muskadine, and beat all into batter as thicke as for Fritters: beat it thus in a Bowle one houre: then put it into your coffins of plate, or frames of wood, and ſet it in an Ouen, and let it remaine there one houre: you may ſlice ſome of them when they bee a day old, and dry them againe vpon a hurdle of Wicker: you may alſo take one of your leaues, and waſh it ouer with the yolke of an Egge beaten with a little Roſe-water, and while it is greene, caſt Biskets and

and Carrowaies on it, and a little white Candy, and it will ſhew as if it did haile on it: then ſpot it with gold, and giue it to whom you pleaſe.

To make the vſuall Bisket ſold at Comfit-makers.

TAke a peeke of flower, and foure ounces of Coriander ſeed, one ounce of Anniſeed, take three Egges, three ſpoonfuls of ale-yeaſt, and as much warme water as will make it as thicke as Paſte for Manchets: make it in a long Rowle, and bake it in an Ouen one houre; and when it is a day old, pare it, and ſlice it, ſugar it with fearced Sugar, and put it againe into the Ouen; and when it is dry, take it out, and new ſugar it againe, and ſo box it, and keepe it.

To make an especiall sweet Powder for sweet Bags.

TAke of the purest orris one pound, of Red and Damaske Rose-leaues, of each two ounces, of Cloues three drams, Coriander seed one dram, Ciprus and Galamus of each halfe an ounce, Benzoin and Storax of each three drams: beat them all saue the Benzoin and the Storax, and powder them by themselues, and mix it with the rest of the powder; then take of Muske and Ciuet, of each twenty graines, Amber greece ten graines, mix these with a little of the foresaid powder with a warme Pestle, and so by little and little you may mix it with all the rest, and so with Rose-leaues dried you may put it vp into your sweet Bags, and so keepe them seuen yeeres.

To make an excellent Marmelade, which was giuen to Queene Mary *for a New yeeres gift.*

TAke a pound and a halfe of Sugar: boile it with a pint of faire water, till it come to the height of Manus Christi: then take three or foure small Quinces, one good Orenge-pill, both very well preserued and finely beaten, and three ounces of Almonds blanched, and beaten by themselues, Eringo-roots preserued two ounces and a halfe; stir these with the Sugar till it will not sticke: and then, at the last, put in of Muske and Amber dissolued in Rose-water, of each foure graines; of Cinamon, Ginger, Cloues and Mace, of each three drams; of Oile of Cinamon two drops: this being done, put it into your Marmelade Boxes, and so present it to whom you please.

To make another sort of Marmelade very comfortable for any Lord or Lady whatsoeuer.

TAke of the purest greene Ginger, six drams; of Eringo and Saterion roots, of each an ounce and a halfe: beat these very finely, & draw them with a siluer Spoone thorow a haire searce: take of Nut-kernels and Almonds blanched, of each an ounce, Cocks stones halfe an ounce, all steeped in hony twelue houres, & then boiled in milke, and beaten and mixed with the rest: then powder the seeds of red Nettles, of Rocket, of each one dram; Plantane seeds halfe a dram; of the belly and backe of a fish called Scincus marinus, three drams; of Diasaterion, foure ounces; of Cantarides, adde a dram: beat these very finely, and with the other powder mix it: and so with a pound of fine sugar dissolued in Rose-water,

water, and boyled to Sugar againe. mingle the powder and all the reſt of the things, putting in of leafe gold ſix leaues; of pearle prepared, two drammes, Oile of Cinamon ſix drops: and being thus done, and well dried, put it vp in your Marmelade boxes, and gild it, and ſo vſe it at your pleaſure.

To make a blanch for any Ladies face.

TAke of white Tartar two drams, Camphire one dramme, Coperas halfe a dramme, the whites of foure Egges, juice of two Lemmons, oile of Tartar foure ounces, Plantane water as much, white Mercury a peniworth, bitter almonds two ounces; all muſt bee powdred and mixed with the oile and water, and then boiled vpon a gentle fire, and ſtraine it, and ſo keepe it: the party muſt rub her face with a ſcarlet cloth, and then

then ouer night wash her with it, and in the morning wash it off with bran and white wine.

To make printed Quodiniacks of Quinces, a ruby colour.

TAke two pound of Quinces pared, and cut in small peeces, and put them into a Posnet with three pints of faire water, and so let them boile till they bee tender: then put into them a pound of Sugar, and let it boile till the fruit fall to the bottome of the Pan: let the liquor run thorow a strainer into a Bason, and put it into a faire Posnet, and let it boile till it come to his colour and thickneſſe: then print it with your molds: you shall know when it is ready to print, by rolling a little vpon the backe of a Spoone: and if you see it will stand, and not run downe, print it. In like sort you may make your Quodiniack of Pippins; your Pippins will hold all the yeere.

To

To make Quodiniacks of Raſpices, or Engliſh Coriants.

TAke Raſpices ripe and well coloured, and put them in a diſh, and put to them foure ſpoonfuls of Roſe-water, and mix them together with the backe of a Spoone: then wring the liquid ſubſtance thorow a linnen cloth: ſeaſon it by your mouth with Sugar till it bee ſweet enough: then boile it on a Chafing-diſh of coles in a diſh, till it be ready to print: then print it in your moulds, and box it, and ſo keepe them.

Here end the conceits of Banqueting.

Your Moulds muſt lie in water one night before you vſe them; and an houre before you print with them, take them out of the water.

CORDIAL WATERS.

Aqua Cœlestis.

TAke of Cinamon six ounces, Cloues one dram, Nutmegs one dram and a halfe, of Ginger two drams and a halfe, of Gallingale one dram and a halfe, Cubebs two drammes, Calamus-roots one dram, all bruised and kept in a paper: then take of Bettony and Sage-flowers, of each a handfull, Marioram, Penniriall, of each halfe a handfull, bruised likewise: then take of these powders, of Aromaticum Rosarum three

three drams; Diambræ, Diamargariton frigidum, Diamoſcum dulce, of each a dram and a halfe: you muſt put all theſe into a gallon of ſpirit of wine, and ſteep them three dayes and three nights, ſhaking them well euery day, and then diſtill it in your Limbecks; and when it is diſtilled, you muſt hang halfe an ounce of yellow Sanders, and twenty graines of Muske and Amber in it.

To make Cinamon water.

TAke one pound of the beſt Cinamon you can get: bruiſe it well, and put it into a gallon of the beſt Sack, and infuſe it three daies and three nights, and then diſtill it as your Aqua Cœleſtis.

To make Doctor Steeuens *water.*

TAke of Roſe-leaues on dram, Borage, Bugloſſe, Violets, and Roſe-

mary-flowers, of each a dram and a halfe, Spikenard a dram, Cinamon 2. ounces, Ginger an ounce, Cloues & Nutmegs, of each halfe an ounce, Cardamons a dram and a halfe, Gallingale two drams, Cubebs a dram, Pepper three drams, Anniseeds, Carroway-seeds and Fennell, of each an ounce, Lignum Aloes halfe a dram, Corall and Pearle in fine powder of each one dram; bruise these, and put them in a pottle of Aqua-vitæ, and a quart of Sacke, vsing it in euery respect as your Aqua-Cœlestis.

To make Balme-water.

TAke Balme, dry three ounces, Time, Peneriall, of each an ounce, Cinamon foure ounces, a dram of Cardomus, Graines halfe an ounce, sweet Fennell-seeds an ounce, Nutmegs and Ginger, of each a dram, Gallingale one ounce, Calamus and Cyprus, Cubebs and Pepper, of each two drams, of Caper-roots halfe a dram,

dram, of Dipramus one dram: bruiſe theſe things, and put them to a pottle of Sack, and ſteepe them 24. houres, and then vſe it as the former waters.

Angelica water.

TAke Cardus dry a handfull, Angelica roots three ounces, of Myrrh one dram, Nutmegs halfe an ounce, Cinamon, Ginger, of each foure ounces, Saffron one dram & a halfe, Cardomons, Cubebs, Gallingale and Pepper, of each a quarter of an ounce, Mace two drams, Graines one dramme, Lignum Aloes, Spikenard, Iuncus Odoratus, of each a dram; Sage, Borage, Bugloſſe, Violets and Roſemary flowers, of each halfe a handfull: bruiſe theſe, and ſteep them in a pottle of Sack twelue houres, and diſtill it as the reſt.

Roſa-ſolis.

TAke Liquorice eight ounces, Aniſeeds, Carroway, of each an ounce, Raiſons ſtoned, Dates, of each 3. ounces, nutmegs, ginger, cinamon,

Mace, of each halfe an ounce, Gallingale a quarter of an ounce, Cubebs one dram. Figs two ounces, Sugar foure ounces: bruise these, and distill it with a gallon of Aqua-vitæ, as the rest: but when it is distilled, you must colour it with the herbe Rosa-solis, or else Alkanet root.

Wormewood-water.

TAke of Wormewood two ounces and a halfe; Sage, Bittony & Rue, of each halfe a handfull, Rosemary tops a handfull, Cinamon 3. ounces, Nutmegs halfe an ounce, Cloues and Mace, of each halfe a dram, Ginger an ounce; Gallingale, Cubebs and Spikenard, of each a dramme and a halfe, of Scordium halfe a handfull: bruise these, and put them into a pottle of Sacke, and a pint of Aqua-vitæ, and steepe them foure and twenty houres, and distill them as the rest.

HERE BEGIN Conſerues.

To make Marmelade of Quinces.

TAke your Quinces, and boile them tender: then pare them, & cut them to the core: then draw the pulp, that is, the Quince, thorow a haire Searce, and weigh it: to euery pound of pulp, take a pound of clarified Sugar, and boile them together till they come to a perfect colour, putting to them in the boiling a little Oile of Cinamon; and when it is boiled enough, that it will not ſticke to the pan, put it into your Marmelade-Boxes. But your conſerue muſt not bee boiled

so high in any case, for then it will not be so good.

To make Conserue of Red and Damaske Roses.

TAke of the purest and best coloured buds you can get, and clip off the whites from them; and to euery pound of leaues, you must take three pound of Barbary Sugar, and beat them together till they be very fine; & then with a woodden Spatter take it vp, and set it on the fire till it bee thorow hot, and then presently put it vp, and it will be of an excellent colour.

To make Conserue of Violets.

TAke of your Violet Flowers, and pick off all the blew Flowers, and keepe them, & weigh them, and take to euery ounce of Flowers, 2. ounces of refined Sugar, and beat them in an Alablaster Mortar till they bee very fine, and then take them vp, and put them into an earthen Pipkin, and set them

them vpon the fire till such time as they be thorowly hot, and then take them off, and put them vp, and keepe them.

To make pectorall roules for the Cough.

TAke Liquorice-powder finely searced one ounce, of the Spices of Diadragaganthum frigidum 2. drams, of Gum-Arabeck and Dragagant in fine powder, of each a dram, white Starch halfe a dram, Annifeeds in fine powder one ounce; mingle with the rest: then take of Sugar six ounces, of Pennits one ounce and a halfe, Sugar-Candy one ounce powdered and mingled with the former Powder: then take Gumdragagant steeped in Rose-water, and beat it into paste, and so make it into long roules, and so dry them and keepe them.

To make Conserue of Borage flowers.

TAke of your Borage flowers well coloured, & picke the blacks from

them: then weigh them: to euery ounce of flowers, you must take three ounces of Sugar, and beat them together in a Alablaster Mortar with a woodden Pestle till they bee very fine, so that you cannot discerne any Sugar in lumps: then take them out, and put the Conserue into a Pipkin, and heat it thorow hot: and hauing thus done, put them vp, and keepe them all the yeere.

To make Conserue of Rosemary-flowers.

TAke your Rosemary Flowers, fresh and good, and picke them from the greene tuske: weigh them, and take to euery ounce of flowers, three ounces of Sugar-Candy, and beat them very fine, vsing them in euery respect as you did your other Conserues.

To make Conserue of Bugloss-flowers.

TAke your Bugloss-flowers, and picke them as you did your Borage.

rage Flowers, and then weigh them, and to euery ounce of Flowers, you muſt take two ounces of hard Sugar, and an ounce of Sugar-Candy, and beat them together till they be exceeding fine, and then ſet them on the fire, to diſſolue the Sugar; and when it is diſſolued, and the conſerue hot, put it vp and keep it all the yeere.

To make a Pomander.

TAke of Beazon one dram and a halfe, of Storax halfe a dram, of Lignum Aloes in fine powder halfe a ſcruple, of Labdanum halfe an ounce: powder all theſe very fine, and ſearce them thorow Lawne: and then take of Muske a dram, Ambergreece ten grains, Ciuet ten graines, and diſſolue them in a hot Mortar with a little Roſe-water, and ſo make them into a Pomander, putting into it ſix graines of Ciuet.

To

To make Conserue of Barberries.

TAke of your Barberries which are very red and ripe, and picke them from the stalks, and then wash them, and put vnto them a pretty deale of faire water, and set them on the fire in an earthen pan, and so scald them; and being thorowly scalded, pulpe them thorow a fine Searce, and to euery pound of Pulp, take a pound of powder-Sugar, and boile them till it be enough, that is, till it will cut like Marmelade.

To make Conserue of Cichory flowers.

TAke of your Cichory flowers new gathered; for if you let them lie but one houre or two at the most, they will lose their colour, and doe you very little seruice: therefore weigh them presently, and to euery ounce of flowers, you must take three ounces of double-refined Sugar, and beat

beat them together in a Mortar of Alablaſter and a woodden Peſtle, till ſuch time as they bee thorowly beaten: for, the better the Flowers and Sugar be beaten, the better will your Conſerue be; let this alwaies be for a generall rule: and being very well brayed, you muſt take them vp, and put it into a Chafer cleane ſcoured, and ſet it on the fire till it be thorowly hot: then take it off, and put it vp, and keepe it all the yeere.

To keep Cucumbers in pickle all the yeere.

TAke foure gallons of conduit water, and put into it three quarts of bay Salt, two handfuls of Sage, one handfull of ſweet Marioram, and foure handfuls of Dil: let theſe boile till it come to three Gallons, and then take it off; and when it is almoſt cold, put a hundred of Cucumbers into that liquor, into a butter-barrell, and keepe them all the yeere, but looke that alwaies the herbs lie vpon them:

them: and thus done, it will be a most excellent Sallet with Oile, Vinegar and Pepper.

An exceeding fine Pill vsed for the Gowt.

TAke of Aloes two ounces, Mastick three drams, Agrick half an ounce, Ginger halfe a dram: let these bee powdred very fine: then take of the extraction of Rubarb three drammes, and with white wine let them bee incorporated into a masse of pilles, adding vnto them a drop of Oile of Cloues, and as much of Nutmegs.

A medicine for the Gowt.

TAke of the Slips of Starres to the number of foure, and then take to euery slip foure snailes, and put them into an earthen Pot, and sprinkle foure or fiue handfuls of Salt vpon them, and then put to them Sage, Rue, Wormewood and Hysop, o

each

each foure handfuls, and ſo diſtill them; and when you haue diſtilled them, put to them a quart of Wine-Vinegar, wherein an ounce of white Mercury is diſſolued, and ſo bathe the place infected with the Gowt, and it will eaſe them preſently.

To make Sirup of Pomcitrons.

TAke Pomcitrons, and cut them in halues, and iuice them, but beware you wring them not too hard, leſt it be ſlimy; and then take to euery pint of iuice three quarters of a pound of refined Sugar, and boile it in an earthen Pipkin till it come to the height of a Sirup, and take heed in any caſe that you boile it not on too hot a fire, leſt it burne: and then, when it is boiled enough, put it vp, and keepe it all the yeare.

To

To make Sirup of Violets.

TAke your Violets, and picke the Flowers, and weigh them, and then put them into a quart of water, and steepe them vpon hot embers, vntill such time as the Flowers bee turned white, and the water as blue as any Violet: then take to that a quart of infusion, & take foure pound of clarified Sugar, and boile it till it come to a sirup, scumming and boiling them vpon a gentle fire, lest it turne his colour: and being boiled, put the Sirup vp, and keepe it.

To make Sirup of Liquorice.

TAke your Liquorice eight ounces, & scrape it very cleane, and bruise it very well, and maiden-haire one ounce, Anniseed and Fennell seed, of each halfe an ounce: steep these in foure pints of raine-water halfe a day, and then boile it to a quart: then

then take a pound and a halfe of clarified Sugar, and boile it with that liquor till it come to a ſirup, and then put it vp, and keepe it.

To make ſirup of Hore-hound.

TAke of Hore-hound two handfuls, of Colts-foot a handfull, of Time, Penniriall and Calamint, of each two drams, of Liquorice one ounce and a halfe, of Figs & Raiſons of the Sunne, of each two ounces, Piony kernels a quarter of an ounce, Anniſeeds and Fennell ſeeds, of each a quarter of an ounce: boile theſe in a gallon of faire water, till it come to a pottle or three pints, and then ſtrain it, and take three pound of Sugar, and three Egges, and clarifie that liquor, and ſo boile it to a ſirup, and ſo keepe it all the yeere.

To make Sirup of Maiden-haire.

TAke of Maiden-haire six ounces, of Liquorice one ounce, scraped and sliced: steep these 24. houres in foure pints of Conduit water, and then boile them to a quart, and then take two pound of clarified Sugar, and boile it with that liquor vpon a gentle fire of Charcoles, till it come to a Sirup, scumming it very often, that it may bee the cleerer; for, the cleerer it is, the better it is: and being boiled enough, put it vp.

To make Sirup of Hyssop.

TAke of Hyssop one handfull, of Figs, Raisins, Dates, of each an ounce, of Calamint halfe a handfull, of French Barley one ounce: boile these in three pints of water to a quart, and then straine it, and then clarifie it with the whites of two Egs, and two pound of Sugar, and so boile them

them to a Sirup: and being boiled enough, keepe them all the yeere.

To keepe Cherries all the yeere, to haue them at Christmas.

TAke of the faireſt Cherries you can get, but be ſure that they be not bruiſed, and take them, and rub them with a linnen cloth, and put them into a barrell of hay, and lay them in ranks, firſt laying hay in the bottome, and then cherries, and then hay againe: and then ſtop them vp cloſe, that no aire may come neere them, and lay them vnder a Feather-bed where one lyeth continually: for the warmer they are, the better, yet neere no fire: and thus doing, you may haue Cherries at any time of the yeere.

To make Sirup of Mulberries.

TAke your Mulberries which are very ripe, presse out the iuice from them thorow a linnen cloth betweene two sticks, and then to euery pint of iuice, take a pound of Sugar, and boile it to the height of a Sirup, and then keepe it all the yeere long: and if it wex any thing thinner, a moneth after you put it vp, boile it againe, and then put it vp.

To make Sirup of Lemmons.

TAke your Lemmons, and cut them in halues, and betwixt your fingers iuice them, and the liquor that runs from them will be very cleare; then take to a pint of iuice, a pound and a quarterne of hard Sugar, which is very white, and boile it to a Sirup, and it will keepe excellent well.

To make Sirup of Roſes ſolutiue.

TAke of Damaske Roſes, and pull them, then take a gallon of water, and when the water is hot, put in a good many Damaske roſe leaues, and take them out when they looke white, and doe ſo ten times, and then the water will looke red: and then, to euery pint of that liquor, put a white of an Egge, and a pound of Sugar, and clarifie it, and boile it to a Sirup, and keepe it all the yeere. The thicker the Sirup is, the better it will keepe.

To make Sirup of dry Roſes.

TAke of red Roſes dried foure ounces, and infuſe them in a quart of faire water vpon hot embers till the Roſes haue loſt their colour: then take a pound and a halfe of Sugar, and clarifie your liquor

quor and Sugar with two Egges, and then boile it to the height of a Sirup: but take heed in any case, that you set not your sirup vpon too hot a fire: for then it will lose his colour, and bee worth nothing.

A

A Medicine to giue a woman in Trauell, to make her haue Throwes.

TAke corall, amber, date ſtones, Pearle, Piony-ſeeds, Saffron, Commine: beat all theſe in powder, and put it into Malmeſie, and take Vnicornes horne, and put it into a ſpoone with a little Malmſie, and giue it to her, and preſently let her drinke a draught of the Malmſie, with the powders aforeſaid, warming of it a little.

A Medicine for the falling downe of the Matrice to the bearing place.

TAke Chickweed, and seethe it in an earthen pot: then lay of it vpon a peece of Scarlet, as hot as the party may suffer it: let her take it to the priuy place, and as one plaister cooles, so lay another, and vse it.

Another for to be taken to the Nauill, and to the backe right against the Nauill, for the same.

TAke a red Onion, and roast it very tender: then take of Allysander seeds, and bruise them in a woodden dish, and mingle the Onion and the bruised seeds together, and lay it vpon a peece of linnen cloth: so lay it to the Nauill a little warme: roule that on, and let it lie on 24. houres,

houres: then change it, and take a new one till it be whole.

It is good for the Mid-wife to hold Muske below (tied in a little Lawne) to draw downe the childe.

Take Torch-wort, and lay a leafe of it to the crowne of a womans head warme, to stay other flowers.

A Medicine for a woman after burden, if need be, to bring it downe.

TAke Sothern-wood, and wash it cleane, and stampe it, and straine it in strong Ale, and giue it her to drinke warme.

To stop the Whites in women.

FRy Hemlocke in fresh swines greace: lay it as hot as shee may suffer it, to the secret place.

For a Tetter.

TAke Oats and seeth them in water, and where the Tetter is, hold ouer the reeke thereof, as hot as may be, laying a cloth ouer it, to keepe in the reeke, so that the cloth doe not touch the Tetter: vse this fiue times morning and euening.

To make a Sear-cloth for an ach that is newly come.

TAke Boares grease, Camphire and wax, and boile them all together, and so make a Sear-cloth thereof, and lay it to the griefe.

For a Felon or an Handcome.

TAke Herb-grace, rusty Bacon, sowre Leauen, and Snailes that be with shels on their backs, taking them out of their shels, and beat all these together, & lay it to the griefe.

For

For to heale any, if they be ſcalded with hot liquor.

TAke Alehofe and Auens, ſheeps ſuet, and ſheeps dung, and Gooſe dung, and when you haue waſhed the herbs, breake them all together a little, and ſo fry them together, and then ſtraine it, and make Plaiſters thereof, & lay it to the griefe: warme it a little when you lay it to, laying new plaiſters to it twice a day: you may take the iuice of Houſleek, and fallet oile, and water, and beat them together, and waſh the griefe before you vſe this Plaiſter.

A Medicine for the Whites.

TAke a quart of new Milke of a red Cow, 10. ſpoonfuls of Red-roſe water, a pomgranet pill beaten, and a little Cinamon beaten, & ſeeth it halfe away: ſweeten it with Sugar, and drinke a draught morning and euening, & two whites of Egs beaten.

A Medicine for them that are giuen to bleeding.

MAke a Posset, and take off the curd, and take Liuer-wort, and beat it, and put the iuice thereof into the Posset-drinke, and drinke it morning and euening warme.

For the heat in the Kidnies.

TAke Housleek and Plantane, and not wash them, but wipe them with a cloth, and beat them, and straine them, and put to the iuice thereof Red-rose-water, and Wine-vinegar, and womans milke, and take the herbs, and put them into clothes, and tie the clothes with thred like a couple of bals, and you must (when you doe vse it) haue one to doe it for you in the morning when you are in your bed: and the party must take the bals, and dip them in this liquour, and so bathe your Kidnies; and as soone

soone as one of the balls is hot with doing of them, take the other, and so vse it an houre euery morning.

A Medicine for the Stone.

TAke Pellitory of the wall, Smallage, Hollihockes, Mallowes, Tansie and Saxifrage, of each a handful: chop them small, and quilt them in a little linnen bag: then take 3. pints of creame, halfe a pint of Malmsie, a quarter of a pint of running water, and set them on the fire; and when it doth seeth, then put the bag of herbes into the pot; and when the bag is thorowly hot, wring it between two trenchers ouer the pot to saue the liquor: then lay the bag to the griefe as hot as you may suffer it; and as soone as it cooleth, make it hot againe in the same liquor, and so apply it to the griefe.

For the Wormes.

TAke a handfull of Basill mints, a handfull of Lauender Cotton, as much of Worme-wood, Peach-leaues as much, Fetherfue a handfull, of vnset Leekes a handfull: boile them together in three spoonfuls of Wine-Vinegar, and of his owne water as much, and quilt them in a bag, and so lay it warme betweene his naill and his stomacke.

To heale a sore brest that comes with the infection of the milke.

TAke Mallowes and Saffron, and seeth them in Milke, and when it hath sodden a good while, put in some crummes of leauen bread, and boile them well together; and a little before you take it vp, put some Salet Oile into it: you must let it boile till it comes to a Poultis, and so lay it warme to your brest: if you perceiue that

that this will not helpe your breſt without it bee broke, you muſt roſt a Lilly root, and lay it to your breſt where you will haue it breake: and when it is broken, you muſt tent it with leauen and milke ſodden thicke together, and make a Plaiſter thereof, and lay it to the place where it is broken: you muſt dreſſe it twice a day, laying the Poultis all about your breſt, ſauing the place that the Plaiſter lies on: you muſt dreſſe it both with new Poultis and a new Plaiſter twice euery day, till it begin to heale, and then once a day is ſufficient.

To ſtanch bleeding at the Noſe.

TAke Bolerminacke, and the white of an Egge, and Vinegar, and beat them together, and make Plaiſters thereof, and lay them to your Temples.

To stanch the bleeding of a wound.

TAke of vnset Hysop, and bruise it a little, and take the powder of the bone that is to be found in a Capers head, and strew the same powder on the Hysop, and lay it to the wound.

Another for to staneh the bleeding of a wound.

TAke Hogs dung hot from the Hog with Sugar, and lay it to the wound.

For the weakenesse in the backe.

TAke Clary and Dates, and the pith of an Ox, and put them together, and then put them to your creame, and Egges, and grated bread, and fry them together, and strew Sugar on it, and eat it in the morning fasting, and you must put some white

white Sanders in it alſo when you temper it together.

For the Wormes.

TAke Mares milke, and drinke it as hot as you can haue it from the Mare, in the morning faſting.

To know whether a Childe hath the Wormes or no.

TAke a peece of white Leather, and pecke it full of holes with your knife, and rub it with Worm-wood, and ſpread hony on it, and ſtrew the powder of Alefackatrina, and lay it on the childes Nauill when he goeth to bed, and if he haue the Wormes, the plaiſter will ſtick faſt; and if hee haue them not, it will fall off.

For one that is bruiſed with a fall.

TAke ſtone Pitch and beat it, and drinke it with white wine, or ſack, or Malmſie; and if you haue none, then take ſome other liquour: then melt Parmacitie, and anoint the place where the bruiſe is.

For the Wind-Collicke.

TAke Parſly-ſeeds, and bruiſe them, and ſeeth them in Sack, and drink it warme when you haue your paine.

For the Gowt that is newly come.

TAke Rubarb, and grate it, and mingle it with Conſerues of red Roſes, and eat thereof euery morning faſting a prety quantity.

A Water to waſh a Sore.

TAke of Plantane, and Woodbine-leaues, and white Roſes, and ſtill them together, and when the water is ſtilled, put a quantity of Camphire into it, and ſo let it lie in the water continually.

For the ſhrinking of the Sinues.

TAke the marrow of a horſe bone and the crops of Elders, and as much of Sage, and chop them together, and boile them in the marrow, and then ſtraine out the herbs, and put to the liquor one ſpoonfull of hony, two ſpoonfuls of Aqua-compoſita, and a quantity of Pepper, and boile it againe, & keep it for your vſe.

For the Piles.

TAke a quantity of Ragwort, and a quantity of ground-luie, and the

the marrow of the hinder leg of a Bullocke, and beat the marrow and the herbs together, and boile them on a ſoft fire, and ſtraine them, and keepe it for your vſe.

A Salue to take dead fleſh out of a ſore.

TAke a ſpoonfull of Vinegar, and a ſpoonfull of Hony, and a quantity of Verdi-greace, and as much Allome, and boile all theſe together, and keepe it for your vſe.

For the ſtaying of the Flux.

TAke a new laid Egge, and take off a little of the top of it, and poure out a little of the white, and fill vp the Egge with Aqua-Compoſita, and ſtirre it together, and roſt it, and ſup vp the Egge in the morning faſting: till you be well vſe this.

Another

Another for the same.

MAke Rice-pottage with Almond-milke: you must not blanch the Almonds, and make little bals of Virgin-wax: make them lesse then Peaſe, and when you doe eat of the Pottage, take three or foure of the Balls, and put them in euery ſpoonfull as you doe eat it.

For the Gowt.

TAke an earthen pot, and put into it a quart of Aqua-Compoſita, and take two handfuls of Henbane, and break it, and put it into it, and ſet the pot in the earth all the month of May, and it will come to an Oile; and at the end of May, you muſt take it vp, and keepe it for your vſe: you muſt couer the pot very cloſe when you ſet it in the ground; and when you anoint the griefe therewith, you muſt doe it againſt the fire.

For

For the Piles.

TAke Martlemaſſe beefe, and dry it, and beat it to powder, and then put it into a chafindiſh of coles, and ſet it in a chaire, and ſit ouer it.

For an Ague.

IF it be for a childe, take two ſpoonfuls of good Ale, and ſeeth it, and ſcum it, and one ſpoonfull of the Sirup of Roſes, and let him drinke it lukewarme: if for an old body, then take three ſpoonfuls of good Ale, & two ſpoonfuls of the Sirup of Roſes.

To make a freſh Cheeſe.

TAke a quantity of new Milke, and ſet it on the fire; and let it boile, and take halfe a dozen yolkes of Egs, and beat them, and ſtir them in the milke on the fire: then take it off the fire, and keepe it ſtirred till it be lukewarme,

warme, and then put Runnet into it, and ſtirre it, and let it ſtand till it bee gathered together, and take vp the Curd, and put into it Cinamon and Ginger, and ſtirre it about, and make diſhes of it, as you thinke good.

A Medicine for a peſtilent Ague, or to driue any thing from the heart.

MAke a Poſſet with white wine, & take away the curd, & take horſe dung of a ſtone-horſe, as hot as you can get it from the horſe, and ſtraine it with the Poſſet-drinke, and put a little Methridate, and Cardus Benedictus water, and Vnicornes horne: and if you haue no Vnicornes horne, then put Iuory or Sea-horſe-tooth, and giue it to the ſick to drink faſting in the Morning, warming it, and you muſt put the Vnicornes horne into the ſpoone, and take it with ſome of the Poſſet-drinke, and

and so drinke the Posset presently after it, and vse this two or three mornings.

A Medicine for the soreneſſe in the throat, that commeth with the Rheume.

TAke halfe a pint of Hony-ſuckle-water, and two lewes eares, of Plantane and Sinkfield halfe a handfull, and a few Columbine leaues: theſe muſt bee ſodde with as much white Sugar-Candy as will bring the liquor to a Sirup; you muſt put in a little Howell, Cinamon, and ſo take it in the morning, and in the euening, and at ſuch times as your throat is dry.

Another for the falling of the Vualow, or other paine in the throat.

TAke a handfull of red Sage, a ſpoonfull of Dill-ſeed, a peece of leauen;

leauen: boile these in a little new milke till it be thicke; then lay it on foure fine clothes, and lay one cloth to the nape of the neck, and another to the throat, and to each temple one, and binde the clothes, and doe this as often as need shall require: for it hath beene proued.

A Salue for a greene wound.

TAke a pound of Rosin, halfe a pound of Wax, foure ounces of old Swines grease, one ounce of Verdigrease: boile them all together vpon a hot fire, and straine them.

A water to heale all sores in legs, and vlcers.

TAke a pound of Roch Allome, 4. ounces of greene Coperas: beat them somewhat small, and put them in a pan on the fire, euer stirring them till they bee molten and dryed againe,

againe ready to be powdred, and beat them again in fine powder, and keep them to your vse. When you will make your water, set a pottle of faire Conduit water ouer the fire, till it boileth fast: then take it away, and as soone as it leaueth boiling, cast abroad your powder on the water, the which will make it to boile: as long as your water riseth, so long cast your Powder in; and when it leaueth rising, and is blacke in the bottome, then it is perfect: then, if you see a dangerous sore leg, first cast your powder presently thereon, and lay thereto three or foure fold of linnen cloth wet in water, and roule it vp: doe so till the Vlcer bee cleane.

A very good water for a sore mouth.

TAke of Conduit-water a pint, one handfull of Hyssop, of white wine, and of Almonds a pound, of Roses three ounces: seeth them all together till

till the herbs be tender: then take it from the fire, and straine it, and keep it for your vse: you must alwaies wash your mouth, and rub it after meat, and in the morning.

A Cattle to breake any swelling that is ready to breake.

TAke of Commine, of Hysop, and of quicke lime a like quantity: bray them together in a Mortar, till it be very fine; when you would open an Impostume, lay it as big as an hasell Nut vpon the next place, and binde it very hard, and let it remaine there foure houres; then take it off, for it will make the place dead, and then you may let out the matter without griefe to the patient.

A Catitus Plaister.

TAke of Litrage of gold powdred, very fine, cómon oile, hogs grease

a pound, white Coperas foure ounces: put them all together in a brazen Pan, and seeth it ouer a very soft fire of coles, and try it continually vntill it come to a body; and in the boiling you must cast it into one ounce of good Rose-water, or two, and now and then a spoonfull; and when it is come to a good body, take it off the fire, and stir it till it be cold, and ready to be made vp in a rowle, and then make it vp.

To make Populer.

TAke of Populer-buds a pecke, of hogs grease foure pound: seeth them both together a quarter of an houre, and then take it off, and strain it: if it bee too thin, put in a little Wax.

Basilicon.

TAke Pitch, Rosin, Wax, Sheeps Suet, common Oile, a like quantity:

rity: beat them small, and put them in a brazen Pan, and melt them all together: then take them off the fire, and straine them thorow a coarse linnen cloth, for the Pitch will not bee molten: this is good for all manner of sores; and when you will put in a Tent, mix it with the yolk of an Egge.

Maturacum Poulnis.

TAke Onions, Garlick, Dow Lilly roots, a little quantity: roast them all in a wet cloth under ashes, and then put them in a Mortar, and beat them small: this is good for all Impostumes to breake them out.

A Medicine to heale old sores.

TAke Plantane, Bramble-tops, Orpin, Bettonie, Egremonie, of each a handfull: straine them, and put thereto Rosin and Wax, of each a quarter of a pound; fresh Hogges grease and Sheeps suet, of each foure ounces:

ounces: boile them all together till the iuice be confumed: then ſtraine it, and keep it to raiſe fleſh, and heale old ſores.

A plaiſter to heale old ſores after they bee made cleane, and filled with fleſh.

TAke Sallet-oile halfe a pint, Lead a quarter of a pound: boile theſe till they be blacke, and keepe them for your vſe.

To cleanſe a ſore, and take away the dead fleſh.

TAke Wood-binde Flowers, white Roſes, Plantane, and ſtill them together; and when it is ſtilled, take ſix penniworth of Camphire, and put it into a quart of the water, and ſet it in the Sunne for ten or twelue daies, and ſo waſh the ſore withall.

A

A medicine for a sore throat.

TAke a pint of milke, halfe a handfull of Columbine leaues, halfe a handfull of Gasell, and halfe a score leaues of Sinkfield, two Iewes eares, and so the party must vse it euening and morning, and gargase it in his throat.

A Medicine that will heale any wound or sore, and keepe it without proud flesh, or dead flesh.

TAke halfe a pound of wax, a quarter of a pound of Sheeps sues, a quarter of a pound of rosin, & a quarter of a pound of Turpentine, halfe a pint of Sallet-oile, two handfuls of Bugle which growes in the Wood, a handfull of Smallage, a handfull of Mallowes, a handfull of Valerin, a handfull of Grunsell, and a handfull of Balme: stampe and straine the herbs,

herbs, and put the iuice into the foresaid things, being a while boyled: then seeth them together a quarter of an houre: then take it from the fire, and let it stand till it bee colde: then take away the Smallage from the bottome: then take some of your Bohm-water, and put into it, so much as will make it greene, and let it boile together halfe a quarter of an houre, and so take it to your vse.

A Glister.

TAke Camomile, Bettony, Dill, Pellitory of the wall, Hyssop, Rue, of each a handfull: boile these in the broth of a Sheeps head, till the broth bee very slippery: then take a pint of the broth strained, and put two of the Pils of Diabes, of each a crowne weight and a halfe; Diacatholice, Diaphenicon, of each halfe an ounce; Oile of Camomile, Oile of Dill, of each an ounce, a little

little ſalt, and a glister: if you will haue it breake wind, put into the foreſaid Commine-ſeed, Fennell-ſeed, Anniſeed, of each bruiſed two good handfulls, and boile all together, and ſtrain it, and make it as aforeſaid, and put in the gliſter.

To take away the heat of a burne, or out of a ſcald.

TAke egges, and roaſt them as hard as a ſtone: then take out the yolkes of them: then take a Fri-ing-pan, and put in the yolkes of the hard egges, and ſo let it fry till it come to an oyle: then ſtraine it, and annoint the burne withall: then take a bladder, and annoint it with Sallet-oyle, and lay it to the burne.

To make another Gliſter.

TAke running water, two handfulls of Carmon, a handfull of Mallowes, a handfull of Worme-wood, a

handfull of Mercury, an ounce of Commine, two ounces of Fennell-seeds, two ounces of Anniseeds: beat all your seeds, and set your herbes a boiling, and straine them.

A Medicine for one that is broken.

TAke a quantity of Comfrey, a quantity of Knehome, a quantity of knotted grasse, a quantity of Riberuorum, and a quantity of Polipody: stampe them all together, and straine them in Ale, and then giue the patient the same to drinke cold, and trusse him vp with some bolster, and let his diet be but competent, eschewing all slippery meats, as Butter, and such like: prouided alwaies, that the Patient keepe his bed six or seuen daies, lying vpon his backe, and sometimes hold his belly with his hand.

To make a Poultis for ſwelling.

TAke the crum of Manchet, and ſeethe it in milke till it be thicke: then put in a peece of new Butter about the quantity of a Walnut, or ſomewhat more.

For the Rhume.

TAke a little quantity of Maſticke, and as much Pellitory of Spaine cut in ſmall peeces: ſew them in a little bag of linnen cloth: keep the bag in your mouth till the Pellitory and the Maſtick be conſumed, and ſpet in the meane time as much as you can.

For the Tooth-ache and the Rhume.

TAke a quantity of Gum of Iuie: put it in a little bag of linnen: then wet your bag in Aqua vitæ or Vinegar, and keep it in your mouth till the Gum of Iuie be conſumed: hold the

bag ouer or vpon the hollow tooth.

A water for the eyes.

TAke a pinte of white wine: then heat a stone called Lapis Calaminaris, red hot, nine or ten times in the fire, and quench it euery time in the wine: the last time you quench your stone, stir it about in the wine: then keepe your water in a cleane glasse, and let it stand, vse to put in your eye one drop or two morning and euening.

For the eyes.

TAke Rosemary, Housleeke, red Fennell, and rost an egge, and take out the yolke: beat these herbs together and straine them.

For the paine in the head.

TAke of the best sallet oile you can get, and the flowers of wild primroses,

roſes, and put them into the oyle, and then ſet it on the fire, and let it boile halfe an houre very ſoftly: then put it in a glaſſe, and ſet it in the Sunne three weekes, and then rub your temples euening and morning. E.C.

A Gargas for to purge the head.

TAke a pinte and a halfe of wine-Vinegar, Muſtard ſeeds, Ginger, Cloues, Nutmegs, Pellitory-roots, about the quantitie of one ounce: when they are beaten, put it into the liquor, and ſtir them together for the ſpace of a week: then gargaſe it euery morning before you vſe the oyle to your head.

For a pin and a web.

TAke the oyle compacted of the bone of a Gooſes wing, and rub it in the palme of your hand, that no ſhiuers of the bone do ſtick in it, and

put it in with the point of a pin: for, the bigneſſe of a pins head is enough at once.

For a ſwelling.

TAke Barrowes greaſe, and Sothernwood, and Aqua vitæ, and boile it together: and when you haue boiled it, ſtraine it in a pan.

For a Bone-ache.

TAke two or three handfulls of Camomile, a quarter of a pound of ſheepes ſuet chopt ſmall, and a peece of ſtone-pitch of the quantity of a Walnut, and a peece of leauened bread in it crumbled very ſmall: boile it in your owne water, till it be very thicke, that you may ſpread it vpon a cloth like a plaiſter, and lay it on the place where the ache is for foure and twentie houres, and ſo dreſſe it three times: if you doe, it will take away the ache.

A Medicine to heale an old ſore, or a new.

TAke a quarter of a pound of Roſin, and melt it in a pan till it haue left cracking, and then take halfe as much wax, and a little Turpentine and ſheeps ſuet chopt ſmal, and a ſpoonefull of Oile-Oliue, and boile them al together, and when you haue done ſo, ſtraine them in a paile of water, and make it vp euen as you will occupie it, and draw your plaiſters thin, and dreſſe it three times a day, that is to ſay, at morning, noone, and euening, till it bee almoſt whole: then dreſſe it but twice a day, morning and euening: but if there be any core that hinders the healing of it, take a little Mercury, and put it in two ſpoonefulls of water; and when the Mercury is melted in the water, and congealed together, take a feather, and drop in two or three drops, and lay a plaiſter vpon the wound, and it will bring forth the core.

For an Andcome.

TAke halfe a dozen knots of a young Oke, and put them in a fire-pan, and burne them to a red cole, and take Bores greaſe, and fine ſuet, and two or three cornes of ſalt, and ſtampe them very fine, and ſo make a plaiſter of it; and if it doe draw and heale too faſt, lay lyne vnderneath the ſalue; you muſt dreſſe it twice in the Winter-dayes, and thrice in the Summer-dayes.

The Copie of Doctor Steeuens *water.*

TAke a gallon of the beſt Gaſcoine wine: then take Ginger, Gallingale, Cinamon, Nutmegs, Graines, Cloues, Anniſeeds, Fennell-ſeeds, Carroway-ſeeds, of each of them a dram-weight: then take wilde Time, Hyſop, Lauender, Sage, mints, red-Roſes, Garden-Time, Pellitory of the wall, and Roſemary, of each of them

them one good handfull, and bray the herbs very ſmall, and ſtampe the ſpices all together very ſmall: put all together into the wine, and cloſe it faſt twelue houres, and ſtirre it diuers times: then ſtill it in a Limbeck, and keepe the firſt water, for it is the beſt: and then keepe the ſecond, for it is good, but not ſo good as the firſt. E. C.

A dramme-weight of the ſeed of Collumbine, bruiſed with halfe a peny weight of Saffron drunken with wine, is good for the Ianders: then goe to bed, and prouoke ſweat: the flowers diſtilled are good for the ſame purpoſe, and againſt ſwounings.

Pimpynell.

THis herbe is good againſt the Peſtilence, to be taken faſting in a morning, and good againſt the ſtone: the roots ſodden, condited in ſugar,

may profit them that haue cold ſtomackes, and are troubled with too much fleame, the collicke and ſtone: this root, any way taken, is good againſt poiſon.

Monſeare is hot and dry: ſome vſe to giue the iuice of this common Mouſeare, to hinder the cold of a quartan Ague: ſome vſe to gather the roots in May, and dry it, and giue it to them that are broken: it is good for the bloudy Flix, the great ſcowring of the mother, for Wormes both outward and inward, common flixes, for vomiting of choler, and ſpetting of bloud, and burſting, and ſpecially for breaking of the brain-pan.

The juice of Coſtemary drunken killeth both ſmall and great Wormes in the belly: it is good for a cold Mother: it ſtrengthens the ſtomack, whether it be drunken or lay to, and ſtayeth vomiting: the herbe of this nature, whether it be ſtrewed, or elſe perfume

perfume made thereof, driues away Serpents, and is good againſt their poiſons, and it helpeth and ſtrengtheneth the head.

To take out the heat of a Burne.

TAke the fat of Hoages guts and ſheepes trittles, and boile them, and put them in a pot: this will heale the partie, and take out the fire, and will keepe good a whole yeare: this hath beene proued.

To take the heat out of the face.

TAke running water and Elder-flowers, Plantane, white Daiſie-roots, and herb-Robert: put them in the running water, and waſh your face morning and euening therewith.

A Medicine for a Canker in ones mouth, proued.

TAke running water, a handfull of Wood-binde leaues, a handfull of Bramble leaues, a handfull of Columbine leaues, a little Rosemary, and boile them together till halfe the water bee wasted: then put in two or three spoonefuls of hony, a peece of Roch-Allom, three or foure spoonefulls of wine-vinegar, and wash your mouth with the sodden herbs thereof three or foure times euery day.

The Diet-drinke.

FIrst buy a diet-pot of the common sort, such a one as will cost eight pence or ten pence: then put into it halfe a pound of Liquorice scraped and bruised, halfe a pound of Anniseeds bruised, three quarters of a pound of Lignum vitæ bought at the Turners, and one ounce of the barke

barke of the ſame wood, which is to be bought at the Apothecaries, halfe a pound of Raiſins of the Sunne, the ſtones taken out; a good handfull of Scabias, an ounce of Chiny, two ounces of Salyprilla, a quantity of white wine: then fill vp your pot with faire water, ſauing a pint: then couer your pot with his couer, and cloſe it round about the brim with paſte: then ſet it on a ſoft fire of coales, and let it boile three houres; till the fourth part be waſted: then put the cleareſt into bottles, and drinke morning and euening a good draught, and ſo do fourteene or fifteene dayes.

If you put a little of the wood into the fire, and there fry out of it like oyle, then you ſhall be ſure it is good.

For the head-ache.

TAke two handfuls of Veruine, Betony, Camomile roots, Lettuce, Checmete, of each sort two handfuls, dried Roses: put them to powder of Nutmegs: boile this in white wine: then take out the herbs, and fry them in Oyle-oliue, and straine them in a cloth, and make an oyntment thereof, and therewith anoint the head.

To make the Rhume-medicine.

TAke fiue quarts of Hysop-water: it must be stilled when the Hysop beareth flowers; and one pound of English Liquorice cleane scraped, and cut in little peeces: bruise them, and then put it to the water, and boile them till halfe be consumed away: then straine it in shallow pans, and set it in the Sunne, and stirre it now and then, and sometimes set it ouer the fire till you see it wex blacke, but doe

doe not boile it, and it will wex ſtiffe with ſtanding in the Sunne, that you may make it in little cakes.

A Salue for a cut.

TAke ſix ounces of Deere-ſuet, foure ounces of Wax, foure ounces of Roſin: ſtampe and ſtraine Velerian, and take the juice as much as you thinke will make the ſalue looke greene, and boile them together till it come to a ſalue.

A medicine for the ſtopping of the Liuer, very good for them that haue the Iaunders.

TAke Parſly-roots, Fennell-roots, Aſperigon-roots, Kneeham-roots, Succory-roots, of each the weight of halfe a crown in ſiluer; of Dock-roots the weight of twelue pence, a little Liquorice, halfe a handfull of Raiſins of the Sun ſtoned: boile this in three pints

pints of water to a quart, and make Almond-milke with the liquor, and take two parts of sweet Almonds, and one part of bitter: sweeten it with Sugar, or else with sirup of Succory, and drinke a draught three mornings together, fasting three houres after it; vse this euery month: you may put in Barly husked, and Saxifrage, Maiden-haire and Liuerwort.

For the Wormes.

THe powder of Coralina, to the weight of three pence in siluer, giuen in the water of Couchgrasse.

A Medicine for a quartan or a tertian Ague.

TAke the Herbes and Roots called Harts-horne, Plantane and Orpin, and beat them with a little white wine, and a little bay salt, and so lay it on a cloth vpon your wrist, but be sure it lye on the places on both armes,

armes, changing it euery foure and twentie houres: be ſure alſo, that you lay it two houres before the fit commeth, and hang nine roots of the Harts horne about your necke in a ſilke bagge, ſo that it may lye vpon the hollow of your ſtomacke, and let it hang till your Ague be gone. You muſt not waſh neither herbes nor roots: and you may take the roots when you cannot get the the herbs, and vſe them ſo.

For the Canker in the mouth, or rawneſſe, or in the lower part of the woe.

TAke red Fennell, red Sage, Hyſop, Herbe-grace, Roſemary, Hony-ſuckle leaues, Fetherfue and Daiſie leaues, of each a like quantity, in all two handfulls: boile theſe in a quart of running water to a pint: ſtraine it, and let it ſtand vntill it be cleare, and put therein a ſpoonefull of Engliſh Hony, and as much Roch Allome

Allome beaten, as the bigneſſe of a Bean, and boile it together: you muſt take off the skumme as it doth ariſe when it is boiled: put it into a glaſſe, and keepe it for your vſe: you muſt warme it when you take it.

A good Medicine for an Andicome, or a botch, or a ſore breſt, or Carbuncle, to ripe or breake them.

TAke a quantity of Herb-grace, a quantity of leauened bread well crummed, halfe a ſpoonfull of Sallet-oile or Capons greaſe: boile theſe in good Ale-grounds, and keepe it with ſtirring till it be thicke; and when you vſe it, lay it vpon a cloth warme to the griefe. This medicine will reſolue a breſt without breaking it, vnleſſe it need breaking: you muſt change it euery day once.

A good Salue to beale it when it is broken.

TAke a quantity of Boares greaſe, of Wax and Roſin, of each a like quantity: you muſt ſcrape the Wax, and beat the Roſin, and boyle them together till they be melted: then take Lapis Calaminaris and Roch-Allome, as much as a Beane of each, and beat them together: then take a ſpoonfull of Engliſh Hony, and put them together, and boile them againe; and when it is well boiled, poure it into cold water, and make it vp in rowles, and keepe it for your vſe.

A Medicine for a Bruiſe.

TAke a quantitie of Stone-pitch, as much gray ſope, and beat the pitch finely to powder, and boile them together with ſtirring till it be boiled: then take it off the fire, and let

let it coole, and then spread it vpon a cloth, and lay it to the griefe: it must not be thorow cold, for then it will not spread: and if one doe not heale it, then lay on another cloth spred with the same.

An ointment for an Ague-sore, or other sores, and for swellings.

TAke a Bryome-root, and cut off the out-side thin, some doe call it wilde vine: slice it, and lay it all night in a pint of Sallet oile, and then boile it, straine it, and keep it for your vse: for, this is good to anoint any Ague-sore, or any other swelling. Then take halfe a pint of Sallet-oile, and as much red Lead as you can buy for two pence, and boile them together, and keepe it stirring till it looke blacke: then take as many cloaths as you thinke will drinke vp the oile and the Lead, and then coole it, and keep it for your vse.

This Oile and Lead is good for Ague-

Ague-ſores and other ſores. Remember to anoint the ſores with the ointment aforeſaid firſt, and then lay on the Seare-cloth, doing this twice a day, till the ſore be whole. And for ſwelling, you muſt vſe the Bryome-roots and the Oile only, without the Oile and the Lead.

An approued good Medicine for the Tooth-ache.

TAke Roſe-water, either red or damaske: take yellow wax a quantity, and freſh butter, of either an equall quantity, and mingle them together in a diſh vpon the coales, and then take a linnen cloth, and dip it therein and lay it to that ſide of your jaw where you are grieued, as hot as you can ſuffer it; the hotter, the better.

A Medicine for the bloudy Flix.

TAke two toſtes of cheat-bread, and toſte them; and two egges, and roſte

roste them hard, and take the yolkes of them, and the liuer of a chick, and beat all this together small: then put all this into a pint of Charne-milke: then take halfe an ounce of Cinamon: beat it small, and put it in the medicine, and then take of it euening and morning fasting, for so it most auaileth you: but if your stomacke be weake, then put in some sugar to sweeten it.

For the Pin and Web in the eye.

TAke the juice of Parsly, and halfe as much Hony, and with a feather drop it in the eye; and after it, you must put in some powder of white Sugar-candy: you must dresse it thus very often.

For to take the Ague out of any place where it doth fall.

TAke Succory, a pretty quantity of it, and mingle it with some Boares grease,

greaſe, and ſpread vpon the cloth, and warme it againſt the fire, and lay it to the place.

A Medicine for a greene wound.

TAke a quantity of Venice-turpentine, and waſh it in faire water till it be white: then take a plaiſter thereof, and lay it to the wound till it be drawne: then take the yolke of a new-laid egge, and adde thereto a ſmall quantite of fine wheat-flower, and a little freſh butter, and mingle them together, and lay a plaiſter thereof vnto the wound after it is drawne, with the Turpentine.

Another Medicine to be taken inwardly for a greene wound, to be taken in Ale or Beere: it is likewiſe good for the ſhutting of a bone broken or cut, either for Man or Beaſt.

TAke juice of an herbe called Bonwort, to the quantity of 3. or foure ſpoone-

spoonefulls or more, according to the stomacke of the party that is hurt: take the same quantitie and drinke it either in the milke, or as before is written, three or foure seuerall mornings fasting, or ofner if you will, and it will free the party: when the herbe is not to be gotten, then you may vse the root, and it will auaile as much.

If the wound be but little, either this drinke, or the medicine before written, will helpe it: but if it be great, you must vse both together.

For to heale wounds and sores.

TAke Rosin and Frankincense, of each foure ounces, of white Wax and Olibinum, of each three ounces; of Harts suet, of Masticke, of each an ounce; Venice-turpentine halfe an ounce; white Wine a pint: melt the Rosin, the Frankincense, and the Harts suet together: then straine it in a pan, and put thereto all the white Wax,

Wax, the Olibinum, and the Maſtick made into powder, and the white wine; boile all together till the wine be conſumed: then take it from the fire, and ſtir it till it be almoſt cold: then put in the Turpentine, and make it in a rowle, and keepe it in Parchment or Leather.

Another.

TAke Calamint, Peniryall, of each a like quantity, Nigella-romana-ſeed a little bruiſed, a French crowns weight: boile all theſe in poſſet-drink made of white wine and Ale: a good draught euening and morning you muſt drinke.

A Medicine for the head-burning that long time hath beene.

TAke a quantity of the Gaule of a Hare, and as much Hony: mingle it together a good while, till it turne red, and with it anoint the forehead,

and all the aking shall be taken away; this is a pretious ointment.

For to set a bone, or heale a broken bone in man or beast.

TAke the juice of Comfrey-roots, and wilde Daisie-roots, and boile them with Turpentine and yellow wax, and make a flat plaister thereof and lay it to the griefe, and set splinters about it, and roule it to keepe it stiffe once in fiue dayes, vntill it bee whole: you must drinke the juice of the roots nine dayes in some liquor, either to man or beast, when you vse the plaister.

For the Piles.

TAke new milke, and thicken it with Oat-meale finely sifted thorow a sieue, and let it seethe till you make it vp like Suppositaries: then take it vp, and cut off the outside of a Race of Ginger, and grate it, and mingle

mingle it together, and some of it make into a plaister, and the rest make like Suppositaries, and put them vp as you doe Suppositaries: then lay a plaister on the place, and vse this till you be whole.

A Medicine for a Rupture in old or young.

TAke Knotwort, Ribwort, and Comfry, of each a like quantity; wash them, and dry them, and set them in the ouen when the bread is drawne, that so they may dry: then beat them to powder; then search them finely thorow a Search or Sieue; and looke what quantity you take of the herbes when they bee dried, take halfe so much Annis seeds, and beat them with the powder of the herbs, and search them: and thus hauing made the powder readie, when you will vse it, take as much of the powder as you can lay, or take vpon a good broad six pence, and fourteene mornings together giue it

to the partie to drinke with a little Malmsie fasting, and anoint the place first with oile of Spike mingled with any other thing: and also take such herbes as you make your powder of, and seethe them in faire running water vntill they bee tender, wringing the water out of them, and apply them to the place as hot as the partie can suffer it, and let not the truffe be too strait, lest it force the place to rent further. Take the herbs to make the powder within May, when the chiefe strength is in them: the Knotwort beares a little watchet-flower. This hath beene proued on children vnborne, and on old folkes that haue beene foure and twentie yeares broken, and doth helpe all sorts, that with good vsage do not abuse themselues, through the grace of God.

A Medicine to be vsed during all the time of the Plague; good against Infection.

TAke a pint of white wine-vinegar, and halfe a pint of Iene Trekle, and a quantity of Bole-Armoniacke, otherwise called Bolles verus, and ſtirre all this together, and take three ſpoonfuls in the morning faſting, and faſt an houre after it, and take three ſpoonfuls an houre after ſupper.

Another Medicine for paine in the head.

SEethe leaues of Agrimonie with Hony, and giue them to drinke, and draw it thorow a cloth, and keep it in a box, and therewith anoint your head, and waſh your head in the water that Celandine is ſodden in.

For the aking of the head.

SEethe Pulioll in Ayſill, and then put it in thy noſe. Take Rue and Fennell, and ſeethe them together in water, and waſh therewith the head.

For a Felon of the head that ſwelleth the head of a man: and that before written is for the ſame.

TAke the greaſe of an Hart, & Hony, and Barly-meale, and Otetreſt, and Moycell, and ſtampe them together, and after ſhaue thy head; then make a plaſter, and lay it to thy head as hot as you may ſuffer it, and let it lye till it be whole.

For all Euills of the head.

TAke Rue, and ſtamp it with ſtrong Ayſill; mingle it, and waſh the head therewith.

For the Carbuncle or the Poſtume in the head.

TAke Wormwood, Origanum, Mayron, by euen portions, and ſeethe them in ſweet wine, and after that wring out the iuice, and lay it to the ears of the ſick with two ſponges, as hot as he may ſuffer it; vſe this two or three times, and he ſhall be whole.

For the Megrim, Poſtume, Dropſie, Feuer, and all manner of aking in the head.

TAke a peny-weight of the root of Pellitory of Spaine, ſix peny-weight of Spicardie, and grinde them together, and ſeethe them in good Vinegar, and take a Saucerfull of Hony, and fiue of Muſtard; and when the liquor that is boiled, is cold, put thereto the Hony and the muſtard, and ſtirre them well together, and let the ſicke vſe thereof

halfe a ſpoonfull at once, and hold it ſtill in his mouth the ſpace of two creeds ſaying, and then ſpet it out into a veſſell, and doe ſo ten or twelue times; a good while after hee hath eaten at noone, and a little before euen ten or twelue times: and when he goes to bed, take and waſh cleane his mouth, and drinke a draught, and goe to bed: vſe this Medicine three dayes, and he ſhall be whole.

For the Head-ache.

TAke and ſeethe Veruine and Betony, Siſles and Wormwood: waſh the parties head with the water thrice in the weeke, and take the herbs, and make a plaiſter, and lay it vpon the vpper part of the head on this wiſe.

TAke the herbes aforeſaid when they are well ſodden, and wring out the juice of them, and then ſtamp them in a mortar, and temper them with the water wherewith they were ſodden,

ſodden, and put thereto the bran of wheat for to hold the juice of the herbs, that it goe not out, and make a garland of linnen that may go about the head, and bind the plaiſter vnder it as hot as the ſick may ſuffer it: doe this three times, & he ſhall be whole.

Another.

CLoues comfort the ſtomacke, liuer and heart: they helpe diſgeſtion, and ſtop the belly: they quicken the eye-ſight, and ſcoure away the clouds and hawes of the eyes: they are good againſt all cold diſeaſes, and they are hot in the third degree. The oile of Cloues is very good for a cold ſtomack, and for any other place that hath need of warming, as a rhumaticke braine.

Another.

TAke of litrage of lead foure ounces; of Vinegar, common Oile, a

like quantity: put the litrage in a mortar, and put a little of the vinegar, and a little of the oile, and beat them together, and so put in by a little and a little all your oile and vinegar: you must beat them two houres together; it must be as thick as your green salue.

Another.

TAke Camphory, Hearts-ease, Priuit, Plantane, of each of them a handfull; bruise these in a mortar, and put thereto Harts suet, fine Sallet oile, of each dim. li. mingle them well together, and let them stand foure and twenty houres; then put them into a pan or brasse pot, and put therto Wax and Rosin broken in small peeces, of each dim lib. let these boile all together ouer a fire of coales, till the juice of the herbs be consumed, and the ointment green; then straine it thorow a canuase-cloth into some pot that you will keep it in; and when it begins to be cold, then put thereto foure

foure ounces of Venice-turpentine; ſtirre all together vntill it be thorow cold, and keepe it cloſe couered.

Another.

THe Wine of Eye-bright is made for the eyes, by putting the herbs into the muſt till it be perfect Wine; whoſe vſe make the eyes of old men looke young: for, it is hot and drie; and the powder of it, beaten with the yolke of an egge, worketh the ſame effect: the powder receiued in Wine, if the Wine be too ſtrong, put in Fenell-water or Sugar.

A Medicine againſt the ſtone in the backe, or bladder, or for the weakneſſe of the backe, which is called the running of the reins.

TAke Venice-turpentine, and waſh it in Roſe-water, either red or damaske, vntill it looke white: then diuide it into ſmall balls, as you may eaſily

easily swallow to the full quantitie of three hasell-nuts or thereabout: then roule them in sugar, to make them the more easie to be taken: then swallow them in the morning fasting, and fast foure houres after them: take these three or foure seueral mornings together, and in your water you shall finde much grauell.

To take away the pock-holes or any spot in the face.

TAke white Rose-water, and wet a fine cloth therein, and set it all night to freeze, and then lay it vpon your face till it bee drie: also take three poppies, the reddest you can get, and quarter them, taking out the garbage: then still them in a quart of new milke of a red cow, and with the water thereof wash your face.

To make Snow.

TAke the whites of fiue or six egs, a handfull of fine Sugar, and as much Rose-water, and put them in a pottle of creame of the thickest you can get: beat them all together: as the Snow riseth, take it off with a spoone: you must beat it with a sticke clouen in foure: then must you take a loafe of bread, and cut away the crust, and set it vpright in a platter: then set a faire Rosemary branch in the loafe, and cast your Snow vpon it with a spoone.

A Medicine for the Piles.

TAke the herbe called Torch-wort: it groweth high, bearing a yellow flower, blowing out of the stalk, the leaues look hoare. Take the juice, and boile it with fresh butter a little while, and keep it close, and vse it

it euening and morning: if a Cowes vdder be stung or bit with a Snake or such like, take Lauender, and wash it cleane, and seethe it in chamber-lye a good while, and wash it euening and morning warme: you may put a little fresh butter in it, and milke out the milke when you doe it.

A Medicine for a Cold, or a Burne, or a Sore, approued.

TAke Watersuck-leaues, otherwise called Hogwort leaues, Ally-house Daisie roots, leaues and all, and a little Rosemary; wash them, stamp them and boile them in creame til it is butter: then straine them, and apply it warme to the burne; pricke the Water-suck leaues, and lay them vpon it, dressing it twice a day, or three times, if need be. To heale a sore, put Turpentine, Rosin, and Wax in it, dressing it with Lint.

For the Stitch.

TAke Stich-wort, Bay-leaues, Holly without prickles, of each a like quantity, the juice, graines beaten: drinke it in Ale warme.

For the Swelling.

TAke the grounds of good Ale, Glouers shreds, and white-bread crummes, and Sage: boile them, lay it to warme: it will swage the swelling and the ache: it hath beene proued.

For the Tooth-ache,

TAke Organy that groweth close to the ground, and tasteth like Aqua-vitæ: bruise it, lay it to the tooth; Bursa pastoris will doe the like.

For a Bite, or Felon, or sore legge.

SEethe a pint of Ale to two spoonfuls, like a sirup: pricke a peece of leather with a pinne: it will neale it without breaking: if it bee broken, take lint to the hole with some salue: let it lye foure and twentie houres: lay it to cold.

For the Scratches of a horse-leg.

TAke Vinegar, Mustard-seed, Gunpowder, boile them: wash it hot three or foure times; proued.

For the Gowt.

TAke Mallowes and Sengren: heat them, and boile them in water: then straine them, put Oat-meale-groats soked in vinegar, and sheeps suet vntried: then boile it to a poultis; proued.

For

For the Ague.

TAke a red Onion cut ſmall, ſix and fiftie graines of Pepper beaten ſmall: binde it to the wriſt halfe an houre before the fit; proued.

For the Gowt.

TAke a fat Whelpe of a Hound: ſcald him like a Pig: garbage him in the ſide: then take red Nettles ſtamped with two ounces of Brimſtone, foure ounces of Turpentine, foure yolkes of egges: ſtuffe the belly, and ſew it vp: roſt it with a ſoft fire: ſaue the dripping: anoint the place: it is good for ſinewes and crampe: it will driue it away: for the like effect, Oyle, Nettles, White-wine, boile them, apply them hot.

For the Ciatica.

TAke the gall of a Bull, a quart of wort: boile it to a pint: then put in

in a pint of Vinegar, frankincense, one ounce in powder, of Hony halfe a pound, of Commine halfe a pound in powder: boile it thicke: spread it on leather: lay it to hot two or three dayes: lay a linnen cloth betweene the skin and the plaister; the plaister will serue many times; proued.

For the Tooth-ache.

A Llom as big as a Walnut, Garlick an handfull, twenty Beanes, an handfull of Bay-salt, Pepper; beat it togeether: lay it to the wrists twentie foure houres or more.

For to stop the bleeding of a wound.

THe wooll of an inke-horne, Sanguis draconis, and Bollarmonick, and the whites of egges laid on too.

For a Consumption either for old folkes, young folkes, or children.

TAke Longwort, Liuerwort, Hartstongue, of each a handfull, red Mints, red Sage, Mother of Time, of each a handfull, Parsley and Fennell-roots, the piths out of each, halfe a handfull, Liquorice an ounce, Annifeeds an ounce, Sceeny two ounces, Turbet an ounce, Capdates two ounces, Cinamon an ounce, Nutmegs two ounces, white Sugarcandy foure ounces, Rubarb an ounce sliced: stampe your spices, and your seeds, and beat your other Apothecary-stuffe, and shred your herbes fine: boile it in three quarts of Rennish-wine to a pottle; straine it; drinke foure times a day a quarter of a pint at a draught warme; put in a penniworth of Aqua-vitæ, and as much Saffron beaten fine: after it is boiled, if the Patient be laxatiue, leaue out your Rubarb, Sceeny, and Turbet, and boile

boile it in wort; it is best in wort for children: for aged folks that be weak, boile in the stone of a Boar, or a Ram, or a horse is best: one stone is enough for one time: you may take one to purge, and another not to purge: the second receit is enough; purge first.

To make one make water.

TAke the stones and kernels of Peaches and Medlers: beat them fine: sift them thorow a searce; put in Sugar, drinke it in white-wine.

To make a Seare-cloth.

TAke a pound of Stone-pitch, as much Rosin as a great Walnut, & twice as much cleane Wax, a spoonful of fresh swines grease; boile all together till it be well mixt; then coole it in water; then oyle your hands with Hogges grease, and labour it in your hands an houre and more, till it will cleave to your hands.

For

For the same, and the best for all manner of aches.

TAke Rosin dim. li. of Perrosen a quarter of a pound, as much Gum mastick, a quarter of a pound of Deer suet, two ounces of Turpentine, one ounce of Cloues and Mace, of Saffron two ounces; the liquor must be Oile of Roses.

A soueraigne Medicine for a great ache.

TAke Sparmacity eight peniworth, of Oyle two d. of black Sope halfe a pound, of butter without salt as much as a great Walnut; boile it on a chasingdish of coals halfe an houre, stirring it well from the bottome: spread it on leather, as broad and as long as your griefe; lay it to foure or fiue dayes.

To

To make a good Ointment or Salue for any sore.

TAke a good handfull of Sage, as much of Plantane, as much of Brownwort, as much of Hony-suckles, as much of Tursame, as much Veleryon: boyle all these in May-butter till it be browne: then straine it, and put in a quantity of Virgin-wax: then boile it againe.

A good Receipt for all manner of sores, old or new, named, The gift of God, prayse be to him.

TAke Betony, Veruin, Pimpernel, Bnble, Smallage, Plantane, Scabeas-water, Agrimony, of each alike; stampe them together, boile them together in a gallon of white-wine to the third part; then straine them, and put to them a quantitie of sheeps suet, and halfe a pound of Wax, dim. lib. of Rosin, dim. lib. of pitch, one

one lib. of Olibinum, and boile it againe.

For Bags in the Fundament.

TAke the yolke of an hard egge roasted, the oyle of Roses, and Marigold-leaues: beat it together, lay it to hot.

To kill a Tetter.

TAke greene Broome: boile it in a quart of running water halfe away: bathe it with it.

For the Pestilence.

TAke the water of Betony, and Pimpernell, Turmentill, or Scabeas; mix it together, drinke it nine dayes fasting, and feare no Pestilence.

For

For one that is taken within the bodie or any place.

TAke Rose-cakes, Aqua-vitæ, and Rose-water; heat it on a chafing-dish of coales; lay it to the stomack; they shall mend by Gods grace.

For the Ague or Cold.

TAke greene Alderstickes; take the inner rind; a handfull; beat them, drinke it in Ale fasting; fast three houres, walking after it; then eat a Caudell.

Another for the Ague.

TAke a spoonfull of juice of Orenges, as much Aqua vitæ; mingle it with a yolke of a new-laid egge in the shell; sup it vp fasting once or twice.

K. Henry the eighth his perfume.

TAke six spoonfuls of compound water, as much of Rose-water, a quarter

quarter of an ounce of fine Sugar, two graines of Muske, two graines of Amber-greece, two of Ciuet: boile it ſoftly together: all the houſe will ſmell of Cloues.

For the Strangurion.

TAke Hore-hound one handful and a halfe, red wine halfe a pint, oile-oliue fiue ſpoonfuls: boile it together: put it in a linnen cloth to the ſmall of the backe, as hot as may be.

To cleanſe a wound.

TAke Beere, Wheat, Stone-flower, and Hony: boile it thicke: apply it to.

For the Gowt.

TAke Worme-wood, Wall-wort, Wheaten-bran, Cow-dung, and ſalt; boile it in vineger: plaiſter it to the griefe.

For a Bruiſe.

TAke halfe a pint of Sallet-oile, as much oile of Roſes, as much Aqua

vitæ, and three or foure score Snailes that beare shels: stampe them small, and boile them to oyle.

To keepe one laxative.

TAke a new-laid-egge: put out the white: then put in new butter vnsalted; heat it, then eat it: vse it often.

Two remedies very good against Wormes in little children.

TAke flowre of wheat well boulted, as much as will lye vpon three crownes of gold; put it in a glasse, and poure into it Wel-water, so much as will steepe the said flowre, and make it looke as it were milke, and no thinner: then giue the childe drinke of it, and you shall see with his excrements the wormes come forth dead, which is a very good remedy.

The second remedie against Wormes.

FOr children that be ſo little, that the medicine cannot be miniſtred at the mouth, you muſt take very good Aqua vitæ, wherewith you muſt waſh or wet the ſtomacke or breſt of the child: then powre it vpon the ſaid place with the powder of fine myrrh, and lay the child downe a little while with his breſt vpward, and you ſhall ſee incontinently the wormes, with the childes dung, come forth dead.

To heale children of the Lunaticke diſeaſe, which happeneth vnto them by reaſon of a worme with two heads, that breedeth in their bodies: the which worme, comming to the heart, cauſeth ſuch a paſſion in the childe, that oftimes it kils them.

TAke the tender ſtalkes of a Wilding-tree, & dry them in the ſha-

dow: then stampe them well, and sift them, and take of the said powder and roots of Gention, and of long Pyome, of each of them a quarter of an ounce, and a quarter of an ounce of myrrhe: all these well beaten to powder, you must put in a dish or some other vessell, and moist them with a little water; then take of it with your two fingers, and wet the lips and mouth of the childe: doe this three or foure times, and you shall see the worme come forth dead with the excrements.

A remedy for the Falling-sickneſſe.

TAke Germander gathered in May, when it is in the blossome: drie it in the shadow, and make it in powder; and when you will vse it, take the yolke of an egge or two, and stir and breake it with a spoonfull of the said powder: then seethe it, and giue it to the Patient to eat: doe this morning

ning and euening eight daies, abſtaining from wine, carnall company of women, from all pulſe, Beans, Peaſe, Fetches, Tares, and ſuch other, from Sallets, Salt-fiſh, and from all other things that are hard of concoction and digeſtion; a very good and notable Secret.

A Medicine to cure the biting of all venemous beaſts.

AS ſoone as the partie feeleth himſelfe bitten with any venemous beaſt, or as ſoone after as may be, take greene leaues of a Fig-tree, and preſſe the milke of them three or foure times into the wound: and for this, ſerueth alſo Muſtard-ſeed mingled with Vinegar.

To draw an Arrow-head or other iron out of a wound.

TAke the juice of Valerian, in the which wet a tent, and put into the

wound, laying the said herbe vpon it stamped: then make your binder as best fitteth, and by this meanes you shall draw forth the iron, and after heale the wound.

For a knocke or fall, causing a bunch vpon the head.

TAke an ounce of Bay-salt, raw Honey three ounces, Comin three ounces, Turpentine two ounces: mingle all these well vpon the fire: then spread it vpon a linnen cloth, and make thereof a plaister, and lay it hot to his head: the which will asswage the swelling, and heale the hurt.

A secret remedie against the Pluriſie.

OPen a white loafe, new baked, in the middle, and spread it well with good Treacle on both parts, vpon the crumie sides, and heat it at the fire: then lay one part vpon the place of the disease, and the other part

part on the other ſide of his body directly, and ſo binde them that they ſtir nor, leauing them ſo a day and a night, or vntill the impoſtume break, and then take away the bread, and immediatly the Patient will ſpit forth the putrifaction of the impoſtume; and when he hath ſlept a little let him eat, and by Gods helpe he ſhall ſhortly be well.

A very good remedy for a wound with a ſword, ſtaffe, ſtone, or ſuch like.

TAke Taxus Barbarus, ſtampe it, and take the juice of it; and if the wound bleed, wipe it, and make it cleane, waſhing it with White-wine or water; then put the juice vpon the wound, and the herbs vpon it, out of the which you tooke the juice: then binde vp the wound, and in one day you ſhall ſee a wonderfull effect.

Against the disease or griefe of the Flanke, and the Collicke-passion, experimented and proued diuers times.

TAke halfe a glasse or lesse of the juice of Barberries when they be very ripe and red, and put into it as much red Corall as will lye vpon two groats, well broken into powder, and giue the Patient to drinke thereof.

Another perfect remedy for the same disease, and to make a man pisse within halfe an houre, that hath not made water in three or foure dayes, and will break the stone within ten or twelue dayes.

TAke fine powder of Virga aurea, and put a spoonfull of it into a new laid egge soft rosted, and giue the Patient thereof in the morning to his breakfast, and let him not eat in foure houres

houres after, and then he shall make water in lesse than halfe an houre, and let him vse this for the space of ten or twelue dayes as aforesaid: the Patient shall void the stone without any paine or griefe.

A remedie for spetting of bloud, occasioned by the breach of some veine in the brest.

TAke Mice dung beaten in powder, as much as will lye vpon a groat, and put it into halfe a glasletull of juice of Plantane with a little Sugar, and so giue the Patient to drink therof in the morning and euening: continuing the same, he shall be sound.

Against the griefe of the Lungs, and spetting of bloud, a remedy experimented and tried.

TAke an herbe called Farfara, or Tussilago at the Apothecaries, Vngula caballina, in English called

Colts-foot; in French, *Pat de lion:* incorporate it well with the lard of a hog chopped, and a new-laid egge: boile all together in a pan, and giue the Patient of it to eat nine mornings. This is also good to make one fat.

Against a stinking breath.

TAke Rosemary leaues with the blossomes, if you can get them, and seethe them in White-wine with a little Myrrhe and Cinamon, and you shall finde a maruellous effect, if you vse it often in your mouth.

Against the biting of a mad dogge, and the rage of madnesse that followes the party bitten.

TAke the blossomes or flowers of wilde thistles, dried in the shade, and beaten into powder, halfe a nut-shell full; put into white Wine, and drinke it, and in thrice taking it you shall

ſhall be whole. A thing tried and experimented.

A Medicine for watry eyes.

TAke a red cole-leafe, and anoint the leafe with the white of an egge: when you goe to bed lay the ſame to your eyes.

A Medicine for ſore eyes.

TAke a little ground Iuy, and ſtraine it and womans milke together, and let it be ſomewhat greene of the Iuy, and then drop a drop or two into the eyes.

Another for the ſame.

TAke Fennel-water ſtilled, and hiue Hony: mingle them together, and put a drop or two into the eye. Theſe are approued.

To make water for the eyes to kill the heat of any sore.

TAke red Sage, and boile it in Smiths water till the third part be consumed: then straine out the Sage very hard, and put into it a quantitie of the liquor, a peniworth of Allome, and as much of white Coperas, after you haue taken it from the fire, and aneint your eyes therewith.

Another for the same.

TAke the leaues of red Brambles, of Plantane, and Hony-suckles; boile them all in running water from a quart to a pint, and vse it to the sore.

A Medicine for the Pin and Web in the eye.

TAke the white of an egge being hot; take out the yolke cleane, and put

put thereto a good quantitie of Sugar-candy: then ſtraine it hard thorow a cloth, and therewith make a water, and euery day two or three times drop it into the eyes.

A Medicine to cleare the ſight.

TAke Red-roſe-water, cleane myrrh as much as a nut: breake it into powder, and binde it in a linnen cloth, and let it lie in the water twelue houres: then take of this water, and put it in your eyes, and it will cleare your ſight.

For a pearle in the eye.

TAke red Fennell, and the leaues and roots of white Daiſies: vſe them without any liquor, and put together three ſpoonfuls of either of them: then take one good ſpoonfull of clarified Hony, and two or three ſpoonfuls of womans milke, and drop this into your eye three or foure times

times a day: and if there be any sight in the eye, this will cure it.

For eyes that are blasted.

TAke a toste made of brown-bread, and lay it in red Wine that is not mingled, and let it lye vntill it be soked halfe an houre; then put it into a fine cloth in two peeces, for each eye one: the fine cloth must be betweene the eye and the toste. Dresse it when you goe to bed at night.

To purge the head and eye-sight.

TAke the juice of Hey-hoo, and put it into your nostrils, and the fleame and running-water will follow.

For eyes that be red and sore.

TAke Fennell, Veruin, Roses, Salendine, and Rue, of each two ounces,

ounces, and diſtill all together: and when need is, then put a drop or two into the ſore eye: for it is good for all manner of diſeaſes in the eye.

Againſt the paine of the eyes.

TAke the yolke of an egge roaſted hard, and laid to with Roſe-oile and Saffron: put in the juice of Baſill.

For to ſee well.

TAke Eye-bright, red Fennell, of each halfe a handfull, of Rue one quarter of an handfull: cauſe theſe to be diſtilled, and waſh your eyes daily with the water.

For the aking in the legge.

TAke a peece of ſowre leauen, and as much Barme, and as much blacke Sope: temper them all together, and ſo ſpread it vpon a linnen cloth,

cloth, and put it to your leg where the heat is, and change it twice a day, and by Gods helpe it will heale you in three or foure dressings.

A Diet-drinke for a Consumption.

TAke a gallon of running water measured by Ale-measure, and put thereto an ounce of Cinamon, an ounce of Cloues, an ounce of Mace, a dram and a halfe of Aster-roots, and boile it till it come to three quarts: let this be your only drinke till you doe an end.

A Medicine for the head ach.

TAke a handfull of Rosemary, two handfuls of Betony, and a spoonfull of Hony: and seethe them all in Malmesie, and wash your head therewith.

Another

Another for the head-ache.

TAke fiue Nutmegs: grate them, and ſeethe them in Malmeſie till they be thicke: make a plaiſter thereof, and lay it to your temples.

For winde and ſhootings in your head.

TAke Egrimonie and Cinamon: bray them, put them in Ale, and lay it to the temples of the head; and if the paine remoue, lay it where the paine remoueth.

Another for the head-ache.

TAke a handfull of Camomile, a handfull of Peniryall, a handfull of Sage, a handfull of Wheat-bran: chop them all together ſmall; boile them in a pint of ſharpe Vinegar till they be thicke, and thereof make a plaiſter, and lay it to the temples of the

the head as hot as you may suffer it, & it shall (by Gods helpe) do you good.

Another for the same.

TAke a peece of raw beefe, and lay it on the nape of your necke, and shift it euery night when you goe to bed: vse this as often as you see good; proued.

Another for the same.

TAke an ounce of Oyle of Roses, two ounces of white vinegar, foure ounces of Plantane-water: mix these together, and wet a linnen cloth in it, and lay it to the temples.

A Medicine for the Megrim in the head.

TAke Housleek and garden-worms, the greater part being Housleeke: stampe them together, and put thereto fine flower, and make a plaister on a fine cloth, and lay it to the forehead and temples.

Another for the ſame.

TAke Muſtard-ſeed, and temper it with Vinegar: make an ointment thereof, and lay it to the temples in a plaiſter, and another in the nape of the necke behinde where it is not ſore, and it will auoid, and ſhortly be whole.

A Medicine to keepe vp the pallat of ones mouth.

TAke a peece of wheaten leauen, and Commine-ſeed beaten in a mortar, a quantity of Bay-ſalt, and Red-roſe vinegar, and Red-roſe-water: put them into a bag of cloth, and lay it to the mould of the head.

To drie vp Rhume in the head.

TAke a quãtity of dried roſe-leaues, the flower of Camomile, Baſill, Mar-

Marjoram all dried; a quantitie of Cloues and Mace, grosse bruised; a Nutmeg, and a quantity of Dill-seed, all quilt in a cap.

A Poultis to coole any place, either face, or any where else, that is red, and full of hot pimples.

TAke Housleeke, Mallowes, Purseline, Water-roses, called Numium: beat all these, and take the juice of them, and put a little oyle of Roses to them, and wash the place with it, or stampe the herbs till they be thick like pap: then seethe it with a little Rose oyle and Wax, and then you may lay it on as a Plaister.

Against red pimples of the face.

TAke an ounce of Camphire, as much brimstone beaten; myrrh, Frankincense, of each foure drams, of Rose-water a pound; put all these in

in a glaſſe, and ſet it in the Sunne ten dayes, and then lay it on the places.

Another.

TAke the diſtilled water of Aſh-tree, Tamaredis oft eaten, Wine of Strawberries laid vpon the face.

Another.

TAke the diſtilled water of Mulline and a little Camphire mixed together, and laid to the face.

A Medicine for them that are deafe, ſo that they haue heard before.

TAke the juice of Bittaine, womans milke that hath a man-child; mingle them together, and dip a peece of blacke wooll in it, and put a peece of it into your eare, for the ſpace of ten or eleuen dayes or more: if it happen that this will not take away the deafeneſſe, then take the milke of a

a Cow, and seethe it with oat-meale and juice of Bettony, and lay it plaister-wise ouer the eares, night and day, for a long time.

To make an ointment for a red face.

TAke halfe an ounce of Camphire, two drams of Sulpher-vinum, and an ounce of Deeres suet; melt the suet and the Camphire together, then put in the Brimstone, fine ground in a mortar, when the other is almost cold, and set them no more ouer the fire after the Brimstone is put in. These being laid on all night, will take away the heat and the pimples.

Another for the same.

TAke as much Mercury sublimate as a Bean, and twice as much Allome, and put them in a quart of faire water, and boile them together with two or three cornes of Bay-salt, and bathe your face therewith often in a day

day with the ſame cold, and open the pimples with your fingers before you waſh.

For a ſore mouth.

TAke a quart of white wine, a quart of water, a pint of wine vinegar, a good quantitie of red Sage, two peniworth of Mercury, halfe an ounce of Roch-Allome, a quantity of Roſemary, a greater quantitie of Woodbine-leaues, and three ſpoonfuls of Hony: ſeethe them together, and waſh your mouth therewith.

A water for a Canker and ſore mouth.

TAke Roſemary-croppes, Sage, Singfield, Woodbine-leaues, Allom, liue Hony, or pure Hony boyled in Spring-water, halfe a handfull of each of the foreſaid herbes boyled in three pints of water, till they bee boyled a third part away, and keepe it in a glaſſe ſtopped,

and

and wash your mouth with it.

For a Canker and sorenesse in the mouth.

TAke two ounces of fine Coperas beaten to powder, halfe a pint of faire water, and let the same Coperas be distilled or steeped two dayes and two nights: then straine the same softly thorow a linnen cloth; then take a spoonfull thereof, and wash your mouth and throat with it softly, bloud-warme, but drinke none of it. This medicine will not continue good aboue foureteene dayes; therefore you must make it fresh as occasion serues: you must take it morning and euening.

A Medicine for the Mother that riseth in a womans side.

TAke Aqua-composita, and beat Bay-berries in powder, and put it into the Aqua-composita, and put a spoonfull

ſpoonfull or two in a draught of beere or Ale, and ſo drinke it.

A Medicine for the ſtriking of a needle at home in the ioynt.

TAke faire boulted flower of wheat, and temper it with white or red Wine, a little Oyle-olive, and a few Roſe-leaues: ſeethe them together till it be plaiſter-like, and lay it as hot as you can ſuffer; it will draw forth the needle, and eaſe the ache.

A Medicine for a Canker that eateth mans fleſh.

TAke Wheat-bran of the ſmalleſt powder, the iuice of Smallage, the iuice of Woodbine, burnt Allome beat into powder, and a little Honey; mingle all theſe together, and make a plaiſter of it, and lay it to the ſore, and it ſhall deſtroy the Canker.

For

For a Bruise.

TAke Virgin-wax, and Commin-seed well beaten: mix them together, and lay it to the sore plaister-wise.

For a white Scall.

TAke Sallet-oyle beaten with the whites of egges till they be throughly wrought together: cut away the haire, and so anoint the head, and lay a bladder upon it.

A Medicine against all Stitches.

TAke Linseed, and boile it in new milke: make a plaister thereof, and lay it to the grieved place.

A Medicine for a sore brest.

TAke Groundsil, and chop it small, the grounds of small Beere, wheaten

ten bran, and ſheepes ſuet beaten in a mortar: boile them all together, and lay it plaiſter-wiſe to your breſt.

A Medicine for ſwelled breſts.

TAke white wine, wheat-bran new bolted, Roſe-leaues old and new: ſeethe them till they be thicke: then lay it to the breſt as hot as ſhe may ſuffer it, from euen to morning, and ſhift it againe.

To breake the fleame of the breſt.

TAke butter without ſalt, and hony, of each a quantity, faire bitter Almonds: blanch them, and beat them fine, and eat a little euery day.

A very good Medicine for any ache or ſore breſt, often approued.

TAke Frankincenſe, fine wrought Wax, Boars greaſe, and Roſin,

of each of them a like quantity, and ſeethe them together to a cake; ſpread it on a cloth as broad as the ſore or paine is, and lay it to foure and twenty houres, or twelue at the leaſt.

An approued Medicine for a ſore breſt.

TAke a handfull of Mallowes: ſeethe them very ſoft in faire water, and then let the water runne away from the Mallowes: then chop or ſhread them: then put them in a diſh with Boares greaſe, and heat them very hot, and lay it on a plaiſter of linnen cloth to your breſt, as hot as you can ſuffer, three or foure times a day heating it: this hath beene approued very good.

A remedy for the paines of the breſt.

TAke Hyſope, Parſley, and Sage, ſtampe them together, and lay them to the breſt, and it wil be whole.

Another for the ſtopping of the breſt.

TAke Rue, and ſeethe it with Alligant, and drinke it three or foure times.

A Medicine for the bloudy Flix.

TAke as much fine linnen cloth as will make a Suppoſitarie, being wrapped together button-wiſe: then wet the ſame in the beſt Aqua vitæ, or Aqua compoſita, and let the partie grieued conuey the ſame into his fundament, and it will helpe him by the grace of God, within three or foure dreſſings: this is approued, and hath holpen many that haue been brought low, and thought paſt cure.

Doct. r Smiths Medicine for the Collicke and Stone.

TAke Poſſet-ale made of Rennish wine: boile Camomile, running Time, Parſly, Pellitory of the wall,

with a good ſpoonfull of Comine-ſeeds, till the third part and more bee conſumed: then ſtraine them with Sugar ſufficient: drinke a good draught warme, and vſe it as occaſion ſerues.

A Medicine for the Chin-cough, for a childe.

TAke Boars greaſe, and warme the ſoles of the feet to the fire: then chafe them with that, and goe to bed, and keepe it warme, and lap clothes to it.

To flay a Laske.

TAke halfe a quarter of a pound of Almonds, and parch them vpon two new tiles: beat them in a mortar, and take a quart of faire water, and ſet it on the fire, and put in halfe a handfull of Knot-graſſe, and halfe a handfull of Plantane-leaues, and let them ſeethe a good while: then take

take the water, and straine the fore-
said Almonds therewith, and make
an Almond milke thereof, and put in
a peece of Sugar: then take Date-
stones, and beat them to powder as
small as may be, and put some of that
powder into the Almond milke: so
drinke it luke-warme.

An excellent Medicine for a childe that cannot pass with his water or urine.

TAke three or foure hiue-Bees: kill
them; then drie them vpon hot
slate: being thorow dry, bruise them
to small powder: then put the powder
into a quart of small Ale, and give the
sicke to drinke, and he shall haue pre-
sent remedy.

A Medicine for the paine of swelling in the stomacke.

TAke a good quantity of Rosemary
flowers: boile them in white wine,

and as hot as may be suffered, apply it to the stomacke.

An approued Medicine for the Spleene.

TAke a quart of Claret wine, a pint of Oyle of Olives, two good handfuls of Camomile being stare small: boile the Wine and Camomile together from a quart to a pint, and anoint the hardnesse of the spleene morning and euening therewith, and it will dissolue.

A Medicine for a Felon or Anathome.

TAke ruffyl Bacon and Colewort leaues: stampe them together, then take a peece of Dogges leather prickt full of holes, and spread it vpon the leather, laying it to the sore twice a day, and when it begins to heale, but once a day.

A Medicine for the itch of the body.

TAke sweet butter, vnwrought wax, vinegar, brimstome, a little Rose-water, red Cloues whole: boile them together til they be like a salue: then anoint the flesh three sundry nights by the fire therewith, and no more.

A Medicine for the Canker in the body.

TAke Bollarmonack, Roch-Allom, and hony, then beat them to powder: take twice as much of the Allome as of the Bollarmonack, and stir them together, till they come to a salue, and so anoint the sore.

A Medicine for the heat or ach in the body, or legges, or elsewhere.

TAke red Docke roots, and take out the ouer-pith, and seeth them in running water; then draw the

water from them, and beat it with thick creame, and so anoint the place that is grieued, or with a cloth dipt in the same, and laid ouer the place.

A Medicine good to cleanse the body.

TAke Balme, and lay it in white wine till it be well steeped, and then distill it: the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonfull or two in the morning; proued.

A Medicine for a Fistula.

TAke Veruin, and dry it vpon a tile, and make powder thereof, & make cleane the sore with a linnen cloth, and fill the hole full of the powder.

A remedy for one that vomiteth too much.

TAke Coriander seeds fine beaten in powder, and drink it with Mint water.

To make a seare-cloth for all manner of aches.

TAke a pound of vnwrought wax, halfe a pound of Rosin, two ounces of Frankincense, a pound and a halfe of sheepes suet, and boile them all together, and straine them in a faire bason: then put them in a chasindish of coales, and dip a linnen cloth therein, and so lay it to the sore.

A medicine for a Ring-worme or Tetter.

TAke red dock-roots: slit them, and lay them in vinegar, and so wash the Ring-worme or Tetter.

A Medicine for the Stitch.

TAke wheat-flower, & bake a cake, and cut it in the midst: then strike the dowy sides all ouer with Tarre, and lay it to the Patient as hot as may bee: you must lay one halfe of the

the cake to the one side of the Patient, the other halfe to the other side.

A Poultis for all manner of swelling.

TAke a handfull of wilde Mallowes, and seethe them in running water till they be tender, and then swing them, and chop them small; then take a peniworth of sweet butter, and the crummes of white bread, and put the Mallowes and all into a quart of milk, and seethe it till it be thicke, stirring it well; then lay it to the griefe as warme as can be suffered.

A Medicine for the cough.

TAke Mustard-seed and put it into Figges: seethe it in Ale and drinke it.

A Medicine for the Mother.

TAke Rosin and beat it very fine: put it into white Wine and Sallet-oile,

oile, and drinke it, and it will doe you good.

A Medicine for the bloudie Flix.

TAke the pils of Pomegranates: beat them, and drinke them with red wine morning and euening bloud warme: then heat a bricke red hot, and lay it vnder a close stoole, and cast Rosemary and Malmesie on it, and let the Patient sit ouer it.

A very good Medicine for the Piles.

TAke the hard roe of a red Herring, and roast it hard: then take the seeds of nettles, and beat them together small: then beat them with barrowes grease, and boile them together, and anoint the Piles therewith: then take a chafingdish of coles, and set it vnder a close-stoole, and cast a little Frankincense thereon, and let the Patient sit ouer it when they be anointed

anointed with the aforesaid ointment.

A Medicine for a burne.

TAke oile of Roses, and womans milke: put it into the open place, and it will heale it.

Another for the same.

TAke a linnen cloth cleane washt, and burne it, and make a powder thereof, and take the oyle of egges, and anoint the sore: then strew the powder thereon.

A Medicine for the Dropsie.

TAke Anniseeds, Coriander-seeds, Spikenard of Spaine: vse this in your meat and drinke eight dayes together, and it will doe you good.

A Medicine to drie a sore.

TAke a pot of Smiths water, a quarterne of Roch-Allome, halfe a pint

pint of Oyle of Oliues, and put ther-to a handfull of Sage, and boile them together till they be halfe con-sumed: then vse it to the sore, and it will drie it.

A Medicine for an ache that comes against raine.

TAke the hornes of a Stagge: cut them in small peeces, and boyle them in water till it bee consumed from a gallon to a quart: then poure the water from the bones, and it will gelly when it is cold, and therewith anoint the grieued place against the fire euening and morning.

A Medicine for a burne or scald.

TAke Mallows and Smallage: seethe them in water: when they be ten-der, take them forth, & wring out the water cleane: chop them small, and set them on a chafingdish of coals, & put to

to it a little sheepes suet, and make of it a salue, and lay it to the sore place thicke, and lay a cloth vpon it, and tie it on.

A Salue for an old sore.

TAke the inner rind of an Oke that is not very old, and burne it to a coal: then quench it, and make thereof a powder, and temper it with the yolke of an egge, and make thereof a salue.

To make a drinke for a burning Ague.

TAke a quart of running water, halfe a pint of Vinegar, halfe a quarter of a pint of Rose-water, a quarter of a pound of Sugar, and one sticke of Cinamon: boile them all together, let it coole, and giue it the sicke to drinke.

A Medicine for the heat of the Liuer.

TAke wort of the firſt tap: drinke it euery morning next your heart for a moneth together, and it will helpe you.

A Medicine to make a young childe goe to the ſtoole.

TAke May-butter, and chafe the nauill therewith againſt the fire: then take ſome blacke wooll that growes betweene a blacke Sheepes legges: dip it in the May-butter, and drie it: then lay it to the nauill. It is good for an old man alſo that can take no inward medicine.

An approued Medicine for the Nauill when it comes out with crying.

TAke wax which is vſed no other way but to take the hony from it, and when you haue an occaſion, melt

melt some of the wax in a Sawcer, and dip a blacke wooll in it: lay it to the nauill, and it will helpe it.

A Medicine for the swelling of a childes cod.

TAke Red-rose-leaues: bray them, and boile them in red Wine an houre: then wet a cloth in it, and lay it to the childes nauill as hot as you can suffer it.

A Medicine to stanch the Flix.

TAke a Sawcerfull of the juice of Mulfoile, as much of the juice of Plantane, and wheat-flower: temper it with the juice of the herbes, and so make a cake of it, and bake it, and eat it hot.

For to stanch blood at the nose, or at a veine that is cut; proued.

TAke Feathers burned to powder, and lay it vpon the veine that is cut,

cut, and also take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold euery time, and it shall stanch whereſoeuer it be; proued.

For to helpe a drunken man or woman for euer.

Giue him a purgation; after that, giue him a Swallow to drinke in powder for the ſpace of twelue daies, and for a months ſpace giue him euery day foure Almonds to eat, with foure leaues of Woodbine beaten; you muſt eat them in the morning next your heart; proued.

For Scabs.

TAke Snailes, and pricke them, and take the water that comes out of them, and anoint the ſcabs therewith: take vine-leaues, & bind them to the ſcabs, and doe it euery morning and euening,

euening, and you shall be whole; proued.

To drie Scabs.

TAke Gum-arabeck: put it in Rose-water till it bee consumed, and wash them therewith; proued.

For the Palsie, or shaking in the hands.

TAke Sell and Eysill: seethe them together, and wash thy hands therewith, and eat Sage with Mustard fasting.

To restore a man to nature, that is in a consumption.

TAke the eldest Cocke you can get: scald him, draw him, and cut him all in peeces in a glasse-pot: stop him as fast as you can, and put among these peeces Cloues, Mace, small Raisins, and salt: then put this glasse into a great pot, and let all these seethe together till they be a gelly: then straine it into a cleane vessell, and giue

giue it to the ſicke, firſt and laſt, bloud-warme.

To reſtore the braine.

TAke powder of Bittany, and vſe it in your pottage: it will reſtore the braine, and deſtroy the ſtone.

For a perilous Cough.

TAke Sage, Rue, and Commine: ſtampe them with Pepper: ſeethe them together with hony, and thereof make an electuary, and vſe thereof a ſpoonfull euening and morning, and by the helpe of God it ſhall doe you good.

For them, that cannot ſee, and haue red eyes.

TAke white vinegar, and rub vpon a whet-ſtone in a faire baſon: take as much ſalt as powder, and grinde them well together in a baſon, and temper

temper them with Wine, and let it ſtand a day and a night, and put it in a viall of glaſſe: you muſt take the thinneſt that ſtandeth above in the baſon, and put in your glaſſe; and when the patient goeth to bed, take a feather, and wet therein, and anoint your eyes.

To anoint the face, and to make it white.

TAke freſh Bacon-greaſe, and the whites of egges: ſtampe them together, and a little powder of Bayes, and anoint your face therewith, and it will make it white.

For a faire face; proued another way.

TAke Plantane and white Vinegar: ſtill them together, and waſh your face therewith fifteene dayes, morning and euening: after this, drinke a draught of Vinegar in the morning once in three dayes.

To

To make the face white and faire.

TAke Rosemary, and boile it in white Wine, and wash thy face therewith, and thou shalt be faire: then take Erigan, and stampe it, and take the juice thereof, and put it all together, and wash thy face therewith; proued.

To helpe the face with red Pimples.

TAke Bay-berries, and plucke off the huskes, and make fine powder thereof, and temper it with Honey: anoint your face therewith six times, and it will helpe you.

To draw broken bones out of the head.

TAke Bettony, Veruine, and Rue: stampe them all together very small, and put thereto Rie-meale or wheat, and the white of an egge, and make a plaister, and lay it to the head.

To

To quench one's thirſt.

TAke the root of Lovage: waſh it cleane: ſtampe it, and temper it with water: drinke a good draught of it fiue nights together, and drinke not in two houres after it.

For one that ſpeakes in his ſleepe.

TAke Southernwood, and temper it with Wine, and let the diſeaſed drinke thereof in the morning, and when he goes to bed.

For a woman that hath too much of the Flowers.

TAke the foot of a Hare: burne it to powder, and drinke thereof with red wine and Cinamon firſt and laſt nine dayes, and it will helpe her.

FINIS.

15 29 MAY